

A photograph of a sunset over the ocean. The sun is a large, bright orange circle in the upper left quadrant. Below it, a person is paragliding, with a colorful canopy. The horizon is visible in the distance, and the water in the foreground is dark and calm. The word "Motion" is written in a large, light-colored, serif font across the top right of the image, partially overlapping the sunset and the sky.

Motion

I have chosen the theme 'Motion' for the year 2011 not merely for the reason that it represents my own life that is always on the go, but because everything in life is in motion. On the flip side and funnily so, quite the opposite is seen in a photograph, which freezes the thing in motion forever and creates a 'Still'.

The greatest paradox of life may well be encapsulated in these powerful words:

"The only constant in life is change!"

From the seasons in nature, to the progress of humanity, movement marks the circle of life. All that is positive, energetic, cheerful and alive has one common denominator: motion.

We are all familiar with proverbs that are based on the theme of motion: 'A rolling stone gathers no moss' or 'Success is a moving target' or 'An idle mind is a devil's workshop'. Every one of these proverbs suggests that movement speaks to progress whilst stagnation is a pointer to decay.

Here's wishing you a year filled with energy, zest for life, power to create the positive and miracles that will make your dreams come true!

Hope you enjoy this year's picture selection and the beautiful quotes that compliment them!

Performance Limited

Po Box 22433 Dar es Salaam. Tanzania.

Tel: +255 22 2135355 Mobile: +255 784 623470, +255 784 466016

Email: runjiv@performanceinfo.net

Website: www.performanceinfo.net / www.runjivkapur.com

January

A runner – Athirapalli Falls – Cochin. India

Photo - Runjiv J. Kapur

Mo 3 10 17 24 31

Tu 4 11 18 25

We 5 12 19 26

Th 6 13 20 27

Fr 7 14 21 28

Sa 1 8 15 22 29

Su 2 9 16 23 30



If you don't know where you are going, you can never get lost. *Herb Cohen*

PERFORMANCE

Inform Entertain Inspire

February

Zambezi river Gorge Bridge spanning Zambia and Zimbabwe. Victoria Falls - Zambia

Photo - Runjiv J. Kapur



Mo 7 14 21 28

Tu 1 8 15 22

We 2 9 16 23

Th 3 10 17 24

Fr 4 11 18 25

Sa 5 12 19 26

Su 6 13 20 27



We may run, walk, stumble, drive, or fly, but let us never lose sight of the reason for the journey, or miss a chance to see a rainbow on the way. *Anon.*

March

Butterfly, Taj Village resot. Goa - India

Photo - Runjiv J. Kapur

Mo 7 14 21 28

Tu 1 8 15 22 29

We 2 9 16 23 30

Th 3 10 17 24 31

Fr 4 11 18 25

Sa 5 12 19 26

Su 6 13 20 27



Everyone is like a butterfly, they start out ugly and awkward and then morph into beautiful graceful butterflies that everyone loves. *Drew Barrymore*

PERFORMANCE

Inform Entertain Inspire

April

Photo - Runjiv J. Kapur

Geese on the way for a swim in the pond. Trichur-Kochy highway - India



Mo 4 11 18 25

Tu 5 12 19 26

We 6 13 20 27

Th 7 14 21 28

Fr 1 8 15 22 29

Sa 2 9 16 23 30

Su 3 10 17 24

PERFORMANCE

Inform Entertain Inspire

It is not so much that man is a herd animal, said Freud, but that he is a horde animal led by a chief. *Ernest Becker*

May

Masai children playing, Meranani – Tanzania

Photo - Runjiv J. Kapur

Mo	2	9	16	23	30
Tu	3	10	17	24	31
We	4	11	18	25	
Th	5	12	19	26	
Fr	6	13	20	27	
Sa	7	14	21	28	
Su	1	8	15	22	29



We worry about what a child will become tomorrow, yet we forget that he is someone today. *Stacia Tauscher.*



June

A man chasing pigeons at the Jama Masjid – Delhi - India

Photo - Runjiv J. Kapur

Mo 6 13 20 27

Tu 7 14 21 28

We 1 8 15 22 29

Th 2 9 16 23 30

Fr 3 10 17 24

Sa 4 11 18 25

Su 5 12 19 26



I flee who chases me, and chase that flees me. Anon

PERFORMANCE

Inform Entertain Inspire

July

Rowing on the Brisbane River, Brisbane - Australia

Photo - Runjiv J. Kapur



Mo 4 11 18 25

Tu 5 12 19 26

We 6 13 20 27

Th 7 14 21 28

Fr 1 8 15 22 29

Sa 2 9 16 23 30

Su 3 10 17 24 31



Teamwork is the ability to work as a group toward a common vision, even if that vision becomes extremely blurry. *Anon.*

August

Seagulls at the prison island pier. Zanzibar - Tanzania

Photo - Runjiv J. Kapur



Mo 1 8 15 22 29

Tu 2 9 16 23 30

We 3 10 17 24 31

Th 4 11 18 25

Fr 5 12 19 26

Sa 6 13 20 27

Su 7 14 21 28

Birds of a feather flock together. Anon

PERFORMANCE

Inform Entertain Inspire

September

Adventure Balloons – Ocean Park – Hong Kong

Photo - Runjiv J. Kapur

Mo	5	12	19	26	
Tu	6	13	20	27	
We	7	14	21	28	
Th	1	8	15	22	29
Fr	2	9	16	23	30
Sa	3	10	17	24	
Su	4	11	18	25	



Keep your feet on the ground and your thoughts at lofty heights. *Peace Pilgrim*



October

Life at Times Square. – New York. USA

Photo - Runjiv J. Kapur

Mo	3	10	17	24	31
Tu	4	11	18	25	
We	5	12	19	26	
Th	6	13	20	27	
Fr	7	14	21	28	
Sa	1	8	15	22	29
Su	2	9	16	23	30



PERFORMANCE

Inform Entertain Inspire

Push on -- keep moving. *Eric Hoffer*

November

Crown Birds take flight – Ngorongoro Crater - Tanzania

Photo - Runjiv J. Kapur



Not the cry but the flight of the wild duck leads the flock to fly and follow. *Anon*

Mo 7 14 21 28

Tu 1 8 15 22 29

We 2 9 16 23 30

Th 3 10 17 24

Fr 4 11 18 25

Sa 5 12 19 26

Su 6 13 20 27

PERFORMANCE

Inform Entertain Inspire

December

Sheppard, sheep & the motorcycle. Palakkad National Highway – Kerala - India

Photo - Runjiv J. Kapur

Mo 5 12 19 26
Tu 6 13 20 27
We 7 14 21 28
Th 1 8 15 22 29
Fr 2 9 16 23 30
Sa 3 10 17 24 31
Su 4 11 18 25



The good news is that we are making progress. The bad news is that we're doing too little and moving much too slowly. *Sam Nunn*

PERFORMANCE

Inform Entertain Inspire