

# mint

## PAGE 1 PLUS

### THE MINT METRIC

by Bibek Debroy

*The pangs of doing business ease,  
But not fast enough to please.  
Yet another survey  
Has the same message to purvey—  
Knotty procedures are a rampant disease.*

### COMMODITIES

<b>MCX Gold</b> 29 AUG 2017: 29,636 30 AUG 2017: 29,472 PERCENT CHANGE: <b>0.55</b>	<b>MCX Silver</b> 29 AUG 2017: 39,869 30 AUG 2017: 39,517 PERCENT CHANGE: <b>0.88</b>	<b>MCX Crude Oil</b> 29 AUG 2017: 2,974 30 AUG 2017: 2,973 PERCENT CHANGE: <b>0.03</b>
<b>MCX Copper</b> 29 AUG 2017: 431.30 30 AUG 2017: 434.85 PERCENT CHANGE: <b>0.82</b>	<b>MCX Aluminium</b> 29 AUG 2017: 133.85 30 AUG 2017: 133.85 PERCENT CHANGE: <b>0.00</b>	<b>MCX Zinc</b> 29 AUG 2017: 198.90 30 AUG 2017: 198.90 PERCENT CHANGE: <b>0.00</b>
<b>Bloomberg Comm Index</b> 29 AUG 2017: 83.50 30 AUG 2017: 83.37 PERCENT CHANGE: <b>0.15</b>	<b>Bloomberg Agri Index</b> 29 AUG 2017: 47.90 30 AUG 2017: 47.92 PERCENT CHANGE: <b>0.05</b>	<b>MCX Nickel</b> 29 AUG 2017: 751.10 30 AUG 2017: 751.10 PERCENT CHANGE: <b>0.00</b>

Source: Bloomberg

### STOCK RECCOS

<p><b>BUY</b> <b>ALKEM LABS</b> CURRENT PRICE <b>Rs1,768.75</b></p> <p><b>TARGET PRICE</b> <b>Rs2,161</b></p> <p>Strong growth seen in Alkem's domestic business. The firm expects to launch more products in the US, which bodes for its international business.</p> <p><b>ANGEL BROKING</b></p>	<p><b>BUY</b> <b>LA OPALA RG</b> CURRENT PRICE <b>Rs480.55</b></p> <p><b>TARGET PRICE</b> <b>Rs555</b></p> <p>We believe that the impact of GST implementation seen during the quarter is temporary in nature and expect the company to post healthy growth during the festive season.</p> <p><b>CENTRUM BROKING</b></p>	<p><b>BUY</b> <b>YES BANK</b> CURRENT PRICE <b>Rs1,750.35</b></p> <p><b>TARGET PRICE</b> <b>Rs2,051</b></p> <p>The bank is making sustained progress towards building a strong retail franchise, which we expect would add depth to its balance sheet and boost earnings.</p> <p><b>RELIANCE SECURITIES</b></p>
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### TODAY'S TERM PARADOX OF THRIFT

This economic theory posits that personal savings are a drag on the economy during a recession. While an economic upswing is fueled further by a moderately high rate of savings, which increases investment, a recession is exacerbated by increased savings, which lead to a greater fall in aggregate demand and thus, economic growth. Therein lies the paradox.

### ONE FUND REVIEW

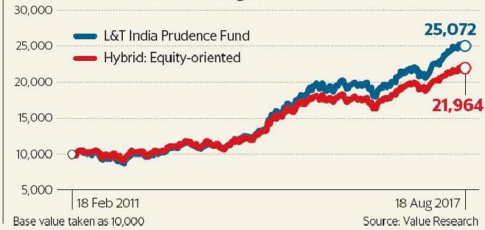


Mint 50 is a curated list of 50 investment-worthy funds.

#### L&T India Prudence Fund

Corpus (Rs cr) (as on 31 Jul 2017)	<b>5846.21</b>
NAV (as on 24 Aug 2017)	<b>25.08</b>
Expense ratio (as on 31 Jul 2017)	<b>2.01</b>
Category average expense ratio (as on 31 Jul 2017)	<b>2.38</b>
Minimum investment	<b>Rs5,000</b>

#### Returns How Rs10,000 has grown



### TAKE A BREAK

#### EXERCISE IN OFFICE

##### Tadasana

Interlock fingers and turn them outward. Slowly, take it straight over the head. Now turn head upward and look at the fingers. Repeat five times. This will help release stress from long hours of sitting or poor posture.



##### Press and release

Interlock fingers and place them behind your head. Press hand and head against each other for five seconds and then release. Repeat 5 - 10 times.

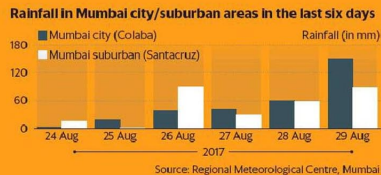


Hitanshi Kothari Khabya and Gourav Khabya, cofounders, HithYoga

### NEWS IN NUMBERS

#### Rains bring financial capital to a standstill

According to the Regional Meteorological Centre, Mumbai, the city area received 151.8 mm of rainfall on Tuesday, while Mumbai suburban got 88.4 mm.



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