

YOGA AND STRESS MANAGEMENT

Synopsis of the course conducted by Sri. Prakashyogi Guruji, founder president of Patanjali Yogashrama trust, bangalore and prakashyogi international foundation, Mysore, at the workshop conducted by the department of biology eco-club greenation of Sri Bhagawan Mahaveer Jain College, V.V. Puram, Bangalore on 19.08.2016 carried on with the valuable support of Dr. B.T.Venkatesh - Director and Dr. S.N.Nataraj – Principal.

YOGAHAH CHITHA VRUTHI NIRODHAH - Alleviation / Handling Stress is the need of the hour. You can be active the whole day with crisis looming in the background and still be calm and collected and pass through the storm. HOW? The answer is YOGA and the adoption of simple PRINCIPLES.

Mental stress is caused by an exodus of thoughts into the mind - this can be effectively reduced by MEDITATION which will clean the mind by removing unwanted thoughts and allow the intellect to shine through providing the mental ability to deal with stressful situations effectively.

Then there is LAUGHTER - remember 'Seriousness is Cancer to the Soul', laugh your gut out at least once a day and then see the difference, Zen Philosophers value 'Laughter Meditation'.

Remember always what CHARLIE CHAPLIN had to say:

- 1) Nothing is permanent in this world not even our troubles.
- 2) I like to walk in the rain because then nobody can see my tears.
- 3) The most wasteful day is the day in which we have not laughed.

Then a value system when it gets ingrained in your system will take you to great heights unimaginable. That is why Swami Vivekananda said "give me a few noble souls and I will shake this world". When you allow MORALITY to grow in you, it will help you to take decisions correctly in conflicting situations leaving your conscience clear and will leave you in PEACE.

Adopt these time tested PRINCIPLES into your daily routine:

- 1) Carry out that day's work on that day itself, treat work as a game or play and never postpone your work.
- 2) Abide by the rules and regulations.
- 3) As much as possible we have to do our duty and then serve others.

- 4) Do not behave like a guest.
- 5) Develop Leadership qualities.

It is well-known that 'you are what you eat', hence take care and watch what you eat with special care to avoid the three poisons that is sugar, maida and salt. The substitutes for these are black jaggery, millets, wheat and saindra lavana.

Incorporate a code of conduct into your behaviour and action throughout your life such as:

- 1) Respect elders and social institutions with courage to speak against social evils.
- 2) Forget about the Past by coming to terms with it, live in the Present and look forward into the Future.
- 3) Work towards improving your intellectualism.
- 4) Make the necessary lifestyle changes as and when required.
- 5) Value your health and keep fit with exercise, walk and practice of Yoga and Pranayama.