

## Health & Habits: Back to the Old Age - Yoga

Smitha .K

PA to SFAO, CMFRI, Kochi

Email: jgdksm@yahoo.co.in

9

What is health? Does it is limited to physical level only? No, then what are the layers of our existence! It is

1. Body
2. Breath
3. Mind
4. Intellect
5. Memory
6. Ego
7. Self



**Body:** Body must be defuse free

**Breath:** Breath must be smooth and rhythmic

**Mind:** Stress free mind. Value of our mind is to vacillate between past and future; when it goes to past it may bring quality, regrets; sometimes may glorify also; when it goes to the future it brings anxiety. When this value continues toxins/stress gets accumulated in our body.

How we can bring our mind to the present. It cannot be controlled by mind itself: but only through our breath.

**Inhibition Free Intellect:** When we are listening a talk we may agree or disagree with him. But actually in that time we not listening to him properly; we are limiting our self into our own sphere of knowledge. Sit with open heart when agree or disagree then only we can grasp/learn new things.

**Trauma Free Memory:** Our memory must clean not trauma

**Ego:** Have expanded ego including the whole word as your then you can do selfless Service; Otherwise we may become timid, rigid and narrow minded.

**Self:** It is the positive energy. We are positive in nature; negativity is in the circumference only. We are in love, Joy and peace.

How we can get established in the self which is the positive energy. Do some pranayams, Yoga for our body; cultivate habit of practicing healthy diets; practicing breathing techniques and doing meditations regularly.

Food can be divided in to three types depending upon the nature of mind it creates.

- 1) Satvic
2. Rajasic
3. Thamasic

Satvic: More focused, calm peaceful mind includes sprouts, fresh food Vegetables and fruits etc.

Rajasic: Restless mind. Spicy food, fried food etc.

Thamasic: Dull inertia

Stale food; Food cook after 6 hours is stale.

One who take one time meal, he is Tyagi, two times is Yogi, three times is Rogi and more than three times is Bhogi

### **Yoga- Sookshma Vyayamam**

Upper head sides, eyes-nose, ears, lips, teeth tongue practiced some Joint Rotation for loosening muscles by listening to body, breath and mind.

1. Neck
2. Shoulders
3. Elbow
4. Wrist
5. Fingers
6. Hip
7. Joint
8. Knee
9. Ankle
10. Feet

**Konasan**- Left side and then right side. Stretches the muscle of the sides

**KatiChakrasan** - Small spine twist

**Chest Expander**- Fourth shoulders

Then instructed Nadishothana Pranayama (alternate nostril breath) which calms down our nervous system and will give more energy.

### **Conducted Panchakosha Meditation**

Which brings relaxation, refresh ourselves, insisted them to cultivate the habit of practicing yoga, pranayams. Meditation daily for keeping them healthy, physically, mentally and spiritually and to keep them enthusiastic and initiative