

YOGA MANTRA

for Urban Life

A Complete Health Guide

Designed & Developed by

"Swadharma Yogi" Dr. C.V.Rao

Kapila Maharshi Research for Resources

Hyderabad

Yoga Mantra - for Urban Life
A workbook on Yoga for City Dwellers

Designed & Developed by
"Swadharma Yogi" Dr. C.V.Rao
& KMRR Yoga Research Unit

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Yoga Mantra for Urban Life

The word "Yoga" suggests uniting of the mind, body and spirit. Yoga originated in India approximately 5,000 years ago. Slowly it spread to other countries and now, people all over the world are reaping the benefits of yoga.

Yoga involves physical exercises apart from breathing practice and meditation to enhance your physical strength and flexibility. Scientists found out that it relieves stress in people of different ages and physique.

It doesn't require costly equipment or special clothing.

The most common form of yoga is called "Hatha Yoga" which involves a series of physical movements, postures and breathing patterns.

Apart from physical fitness, it bestows a peaceful state of mind.

WHY YOGA?

Our modern world is characterised by daily stress, fatigue and pollution. More and more people are seeking for physical and mental relaxation but unfortunately it is eluding them.

Yoga relaxes the body and the mind even in the midst of a stressful environment.

Yoga helps to gain control of breath. It also renders the mind free of **cluttered** thoughts.

At the end of a Yoga session one's physical and mental faculties refreshed. Yoga Asanas also help in maintaining the appropriate weight.

" Well being is more important than being well off "

The principle of balanced diet and physical activity as per yoga principles leads you to a healthier lifestyle.

Yoga improves body's resistance to diseases.

Yoga can refill the mind and body with necessary energy to perform daily chores and challenging tasks.

Yoga guides you to genuine inner contentment and self-actualization.

It's a cure-all mantra for daily health problems such as illness, body pains, digestive, respiratory disorders etc.,

URBAN LIFE & POLLUTION

Pollution has become a part of urban life. It has gradually acquired epidemic dimensions, eating into our vitals. Several factors like over-population, industrialization, ever-increasing number of vehicles, mounting garbage are pushing city dwellers into the fangs of pollution.

The food we consume, the air we breathe and the water we drink - everything around us has become toxic and posing a grave danger to our lives. This pollution has several faces - Air pollution, Water pollution, Sound pollution, Food pollution and Radioactivity. It adversely affects human health as well as environment.

1. Air Pollution - Air pollution is caused by emissions and effluents from various industries. Incompletely burnt fuels in the vehicles release Carbon monoxide into the air, harming our health in several ways.

2. Carbon monoxide - This decreases the oxygen supply to blood resulting in headache, fatigue, poor eyesight, heart trouble, BP, impotency in men and respiratory complaints like asthma, bronchitis and emphysema.

3. Sulphur Dioxide - Aggravates asthma, bronchitis and emphysema.

4. Nitrogen Dioxide - Causes Bronchial asthma; if the quantity of this gas in the air is around 15 ppm, eye and nasal irritations occur.

5. Polycyclic aromatic Hydro Carbons - Causes lung & blood cancer

6. Formaldehyde Nitrate: Causes Eye irritation, itching on skin, allergy

7. Cotton dust: Causes Tysinosis

8. Iron dust: Causes Syderosis

9. Coal dust: Causes Black lungs

10. Lead: Gastro-intestinal damage, liver and kidney damage. Abnormalities in pregnancy, infertility, Blood pressure. Lead in plastic covers adversely affects memory and mental development in children. Indiscriminate usage of plastic is harmful to human health.

11. Tobacco pollution: Causes Heart trouble, impotency in men as nicotine affects epithelium. Benzocyrun in cigarette causes cancer.

" It's no coincidence that four of the six letters in health are heal. "

12. Food pollution: In pursuit of money, modern man is ignoring proper food. He is not stopping to think whether it suits him nor cares whether it is hygienic or not. Bacteria, fungus and chemicals are poisoning every kind of food we are consuming right from vegetables to eggs & fish. This is destroying the immune system in humans.

13. Food poisoning: Causes digestive disorders like ulcers, headache & vomiting.

14. Water pollution: Wastewater from households and chemical effluents from factories are polluting nearby water bodies like tanks, canals and rivers. Billions of people in the world do not have access to portable water. Diseases caused by water pollution include: cholera, diarrhoea, typhoid, fluorosis, jaundice, para thyroid hyper activity, hepatitis and arthritis.

15. Noise pollution: Normal sound range is 30-60 decibels. But you find noise, much beyond the permissible level. Machines, Motor vehicles, radio, TV, explosion of fire crackers with loud sound- all these contribute to noise pollution. Ill-effects include: loss of hearing, irritation, headache, high BP, insomnia, tension in muscles, nervous breakdown and mental tension.

16. Psychological pollution: Man is filled with evil thoughts that result in evil deeds. Anger, jealousy, anxiety, desires, lust, avarice and arrogance - any one of these can cause downfall of a person. He becomes an anti-social and menace to civilization. He distances himself from friends and relatives and finally he will be at loggerheads with himself.

By practicing "Yoga", man becomes strong and can fight the ill-effects of pollution. Meditation can save him from psychological pollution.

POWER OF PRANAYAMA

Pranayama means the controlling of breath. It makes the entire body oxygenated; increases immunity, concentration and controls the mind.

Our brain alone consumes 40% of oxygen intake for its effective functioning. Recent studies found that we are able to use only 20% of our lungs' breathing capacity. Because of this, we lack concentration and steadiness. Only through regular practice of yoga, we can expand breathing capacity of lungs to 100%.

Quick breathing implies early death. Due to a fast/quick-breathing pattern we are facing stress and other emotional problems in day-to-day life. We can control our mind and prolong life, by controlling and prolonging our breath in the systematic procedure, known as 'Pranayama'.

Since we are not following an ideal lifestyle, we need to practise 'pranayama' everyday as given by sage Patanjali in 'Ashtanga Yoga'. This

" Yoga is 99% practice and 1% knowledge. "

process cleanses our system, increases the lung power and brings balance between body, mind and soul.

Studies has proved that we can have a healthy, happy, disease-free and prolonged life by regular practice of 'pranayama'.

Yoga and Ayurveda

In our modern culture, many people use Yogasana as a stretching tool to keep the body limber and agile. However, Yoga postures are part of a much greater spiritual journey. Yoga is a complete science of helping the mind to become clear and pure. A person with a clear mind is also aware of its deeper spiritual nature or connection.

We say in Ayurveda that disease is the end-result of forgetting our spiritual nature. Hence Ayurveda and Yoga strive to help a person reconnect to their true nature through direct experience. If Ayurveda is the healing side of Yoga, Yoga is the spiritual side of Ayurveda.

Knowledge of one's constitutional balance (a balance between- what is known in Ayurveda- as Vaata, Pitta and Kapha doshas) can allow the Yoga practitioners to use asanas to improve their health and wellbeing.

Those with imbalance in Vaata dosha can try Vrikshasana, Taadasana, Paschimottanasana and Bakasana. Those with imbalance in Pitta dosha can try Bhujangasana and Dhanurasana. Those with Kapha imbalance can benefit from Urdhva-Dhanurasana and Sethu bandha Sarvangasana.

Both Yoga and Ayurveda incorporate meditation and breathing methods in their practices. Healing ourselves with Yoga and Ayurveda is indeed a journey. It is not a quickfix or a magic pill. It heals us at the core of our nature, in essence, through the transformation of consciousness. Ayurveda and Yoga combine to lead a person on the path to perfect harmony and optimal health.

Dr. Ch. Murali Manohar

YOGA AS LIFESTYLE

The practice of Yoga not only focuses on physical positions to improve the body, but also deals with all aspects of our mind and soul.

Yoga can be called as a practical guide to a person's personality development. One who practises yoga regularly can achieve the harmony of mind and body; can become friend, philosopher and guide to others.

**" The human body is the only machine
for which there are no spare parts. "**

NUTRIENTS	SOURCES	DEFICIENCY CAUSED
Carbohydrates	Cereals, Millets, Sugar Jaggery, Honey etc.	Energy Deficiency, Low-Blood Sugar level, Weakness
Proteins	Pulses, Nuts, Oil seeds Milk, Egg, Soyabeans Paneer	Underweight, Emaciation Loss of muscle mass Weakness, Apathy
Lipids/Fats	All the vegetable oils, Butter, Ghee	Thin body, Underweight Eczema
Fibre	Whole grain cereals Pulses, Fruits, Green Vegetables	Constipation

MINERALS

Calcium	All types of Green Vegetables, Ragi, Til, Cheese, Curd	Bone Deformities, Osteoporosis, Rickets in Children
Iron	All green leafy vegetables, Dry Fruits, Nuts Eggs	Anemia, Weakness, Giddiness, Low Haemoglobin Level, Headache
Sodium	Common Salt, Green Leafy Vegetables	If excess: Edema (accumulation of fluids in the body)
Potassium	Coconut water, Fruits Juices	If excess: Affects kidneys and heart

VITAMINS

A	All types of green vegetables, Carrot, Papaya, Mango, Egg, Pumpkin	Eye disorder, Dry, Coarse and Rough skin, Poor growth in children
B	Whole grain Cereals, pulses, millets, nuts, oil seeds, milk, Egg	General weakness, Poor appetite, mouth ulcers, Anemia Diarrhoea, Poor skin condition
C	Fresh fruits, amla, gauva, citrus fruits, all types of green leafy vegetables, cabbage, drumsticks mint, potato, sprouted legumes	Affects gums, teeth, Anemia reduces immunity cold infections
D	Morning sunlight before 8 am	Weak bones, bone deformities Osteo arthritis
E	Nuts, Oil seeds, Vegetables oils Whole grains	Muscular weakness

YOGA AND NUTRITION

Yoga and Nutrition are two sides of the same coin. Plants and trees need sunlight to assimilate the food and water they consume. Similarly, human beings need yoga to make best use of nutrition provided through food and water they consume.

Regular practice of yoga keeps every part of the body (internal/external) and mind fit in functional condition.

For enabling the body to keep good health, it is necessary to provide the body with adequate nutrition by consuming proper quantity and quality food and plenty of water at appropriate intervals.

We can compare nutrients with bricks and Yoga with cement. Both are essential for building a healthy body and mind. Yoga and Nutrition are inseparable twin-components of feel-good, work-good and enjoy-good factors in life.

Health insurance covers the cost of treatment whereas Yoga-Nutrition combination insures your health by preventing the sickness.

Inadequate intake leads to several nutritional deficiencies including mental ill-health.

YOGA & DIET

Food is necessary to sustain the body. keep the body light and supple, keep the mind calm. It should also helps in strengthening the body's immune system. Diet is an essential part of Yoga practice. What you eat affects your mind. Improper diet results in mental inefficiency and blocks spiritual awareness.

Proper diet is one that nourishes both body and mind . It should be well balanced and based on natural foods.In Yoga it also means eating right type of food in moderation and eating only when you are hungry.

Bad eating habits make body heavy and senses dull so much so that we don't even notice how much we are eating or how it tastes. Excess eating leads to diet-related diseases like obesity, diabetes, heart diseases etc.

In general, make sure to have a well-balanced diet to provide all essential nutrients. Remember, eating properly aids your health and makes you feel fit and free from diseases.

In the un-manifested universe, energy has three qualities, known as 'Gunas' that exist together in equilibrium.

01. Sattva (purity) 02. Rajas (activity) 03. Tamas (inertia)

Once energy takes form, one of the qualities predominates.

Thus on an apple tree, some fruits are ripe (sattvic), some are ripening (rajasic) and some are overripe (tamasic).

But whatever quality prevails, an element of each of the other two will always be present as well - parts of the apple will be in all the different stages. The Three Gunas encompass all existence, all actions.

SATVIC FOOD contains the following elements:

<ul style="list-style-type: none">- cereals, Rice, wheat, maize etc.- whole meal bread, millets- Ragi, jowar, bajra etc.- fresh vegetables- fresh fruit juices- milk, buttermilk	<ul style="list-style-type: none">- pulses- nuts- oil seeds- sprouted legumes- pure honey- herbal tea
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It is difficult to change your food patterns, especially if you are used to a particular diet for quite some time. With determination and knowledge on how to make the transition easier, you will be able to change your diet.

The main principle of the yoga diet is increasing the intake of fruits and vegetables with the goal of eventually shifting to a healthy diet, which leads to a stronger body and a better state of mind.

YOGA FOR WOMEN

A Path to Peace & Power

Stress, hormonal changes, and self-development are among the reasons why women should stay healthy.

A woman's capability to handle stress - emotions as well as physical - depends mainly on her health.

Yoga, an ancient science, can help women cope with health issues and helps them to develop a healthy state of body and mind. It also helps to alleviate the pain and stress associated with menstruation. It also ensures easy delivery. These are just a few of the benefits.

Yoga postures are also designed to tone up and exercise the muscles of the body, to eliminate excess fat and to make the body more flexible and stronger.

" See that in every meal, your stomach is - filled with 50% solid food and 25% liquid food and remaining 25% kept empty. "

Yoga for women in every phase of Life:

Today there are several options for treating woman's health problems. There are also several self-help tools available to assist in staying vibrant and enthusiastic even during times of great hormonal shifts such as pregnancy, post-partum, premenstrual, and post-menopausal phases of a woman's life.



Dr. S. S. S. S. S.

Ayurvedic and homeopathic physicians stress on lifestyle factors that enhance/balance the body's natural rhythm. They prescribe medicines to rectify hormonal disturbance. Whatever be the branch of medicine, every physician speaks highly of Yoga.

Yoga For Menstrual Cramps & PMS (Pre- Menstrual Syndrome):

Menstruation is a natural monthly cycle in women.

Though this process is normal, some women experience certain discomforts during their monthly periods.

Several Yoga postures are proven to reduce menstrual pain. It can also help your body and mind to manage stress, anxiety and depression, making you feel relaxed and calm.

Yoga also enables you to cope with psychological symptoms of PMS.

Positive changes in lifestyle and diet will also help in dealing with PMS. Associating with 'Yoga Satsang' also helps.

Yoga In Pregnancy:

Pregnancy brings both fear and joy to parents; joy of having a baby while fear is about the risk that goes with it.

Practicing Yoga can help you to prepare your body and mind for labour and childbirth. Yoga helps pregnant woman not only to concentrate on herself as well as the baby's health. If she follows proper diet during pregnancy, she can keep herself free from nutritional deficiency disorders and deliver a healthy baby.

Pranayama helps to regulate her breathing, which is of great help at child birth. Meditation gives her strength to keep calm and a capacity to bear labour pains.

**" He who has health has hope;
and he who has hope has everything. "**

Diabetes & Yoga

Diabetes Mellitus, a complex metabolic disorder has been known to mankind since centuries. But in recent times, the prevalence of the disease has soared up and is considered as an epidemic. It is estimated that 35 million people were diabetic by the year 2000 and the figure would double by 2020.

The science of Yoga has rich heritage and is part of our culture. Several studies have proved that certain specific Yoga practices like Pranayama, Matsyendrasana, Paschimottanasana, Halasana, Vajrasana and Dhanurasana are helpful in effective control of Diabetes.

Diabetes is a unique disease where patient is asymptomatic for years before the complications show up. As diabetes is a metabolic cum vascular disorder, it causes multifaceted multi-organ disorders.

Diet and exercise play a pivotal role in the management of Diabetes. Of all kinds of exercises, yoga is the best way of achieving glycemic control apart from reducing body weight and cholesterol levels. Yoga is a boon to the elderly patients with foot problem and visual impairment, as they cannot go for outdoor exercises. The blood supply is increased to all parts of the body due to the slow passive movements like asanas and breathing exercises. So if Yoga is practised perfectly, it helps in preventing/controlling diabetes.

Dr. P. Usha Bala

Yoga For Menopause:

Menopause is not an illness or a health problem but a natural biological process. It is a very sensitive stage in a woman's life because of the major changes she has to undergo during that period.

Menopause does not really require medical treatment. Yoga exercises, proper diet and reduction of stress are effective ways to make menopause more natural.

Yoga can successfully prevent any chronic ailment that can occur in the post-menopause period phase of life.

“ Woman is a maker of her home; organizer of activities; facilitator of communications; pillar of emotional support; radiator of energy and source of inspiration ”

YOGA FOR CHILDREN AND STUDENTS

Today's children are tomorrow's citizens. Parents are sparing no effort for their academic and professional development right from an early age. In this mad rush, mental as well as spiritual development is being grossly neglected. Really a pity.

Yoga aids the process of learning at school level by improving memory, intelligence, concentration, will power and discipline. By introducing yoga to children, we are helping them to develop into a complete human being, total personality and a perfect child. It is not merely a body building exercise but also provides tools for them to cope up with all kinds of situations in their life ahead.

Yoga and education are identical processes; the goal of both is the expansion of intellect and overall development. Education is necessary for the development of knowledge and yoga is essential to build the capacity to absorb that knowledge.

Yoga is a learning process to understand the "bhavas" and the state of "buddhi" through body awareness, which gives "Gnana" or knowledge.

Yoga is a comprehensive education that can develop physical stamina, flexibility, and emotional stability, intellectual as well as creative talents. Recent studies says that relaxation is repeated memory.

Here are some **FAQs**:

Q: Can yoga help in developing IQ in children?

A: A few simple yogic practices will help to balance the mental and vital energies in growing children.

Q: At what age should pranayama be taught to children?

A: After eight years only. Pranayama with full inhalation and exhalation is enough. Retention of breath is not required.

Q: Can hyper activity of children be controlled through Yoga?

A: Regular practice of Nadishodhana pranayama balances the equilibrium. It teaches the child how to induce calmness within himself.

Yoga can treat majority of chronic ailments and mental disturbances. There are number of benefits for students. Practising 'Smarana' yoga, 'Antharanga' yoga helps students to develop a stable mind by improving concentration and will power.

Smarana Yoga:

- ✦ An endeavour to develop child's interest in studies
- ✦ Improves concentration and memory power
- ✦ Imbibes healthy habits and good manners

" Yoga improves the culture and concentration among the children. "

- Dr.APJ Abdul Kalam

The Impact of Urban Life on Children

The impact of urban life on children is more profound than in any other age groups. There are definite advantages in urban life like:

- ✦ availability of best schools for those who can afford
- ✦ exposure to the wider world and access to the latest technologies
- ✦ facilities of sports and coaches.

The otherside of the coin is - deprivation of some valuable inputs for their growth and development.

✦ In many urban families when both the parents are working, they get very little time to spend with their children

✦ Often the families being nuclear, the valuable input of grand parents is missing.

✦ They are usually left to the care of servants resulting in poor quality of upbringing in behaviour, language, manners, habits and bad friendship.

✦ They have to spend lot of time and energy apart from risk in travelling long distances to school.

✦ Higher risk of respiratory problems due to air pollution and living in congested areas.

✦ Higher rate of childhood obesity due to access to junk food and less physical activity.

The foundation for healthy body, sharp thinking, setting priorities and values, cultivating social behaviour is laid in the childhood. Unless this foundation is strong any effort to build these components later in their life will not be effective.

As the child grows it is important to introduce, within two years, a variety of foods in small quantities. All the adult foods can be fed after making it less spicy and in soft form. Irregular eating is one of the major cause of bad health. Especially in case of children when lunch or dinner is not available in time, they eat snacks and miss proper meals. Now-a-days the entire focus of parents is on their academic performance. Though it is an essential component for the success of the child professionally, in order to help the child develop wholesome personality the other equally important factor is physical fitness and health. Parents should encourage children to spend some time in a sport they like and also some disciplined fitness programs like jogging, swimming, mountaineering, bicycling, karate / Aerobics / Yoga. But when adults in the family are not following healthy habits one cannot expect a child to be different!

Dr.P.Pushpamma Ph.D.



+ Inculcates discipline and self-confidence

Regular practice of yoga and pranayama helps child to study well and cross all the minor hurdles on his way to live a happy and healthy life.

Antharanga Yoga:

+ Helps to identify the talents and skills of children in a systematic/scientific manner.

+ Facilitates in bringing out the hidden talents present inherently in the child.

+ A choice of suitable career out of Childhood hobbies.

YOGA FOR SENIOR CITIZENS

Ageing is an inevitable situation for human beings. The Ageing cell has poor capacity to prevent free radicals in the body. The nuclear mass reduces as one grows older due to improper diet and absorption.

The vital capacity of lungs diminishes and metabolic rate slows down which affects inner strength due to physical inactivity at retired stage.

These days even the middle-aged people are facing some of the old age symptoms due to polluted environment and wrong food habits.

Common problems faced at old age:

Indigestion, Constipation, Arthritis, blood sugar, lack of control in urination and respiratory disorders.

Asanas recommended:

Kati Chakrasana, Ekapada Uttanasana, Bhujangasana, Sethubandhasana, Udyana Bandhana and Stomach rollings.

Pranayama: Anuloma - Viloma, Bhastrika, Nadi Shodhana

Yoga Nidra: It helps in having a sound sleep & in relaxing the whole body.

Benefits:

A simple regular yoga practice increases strength of muscles and bones also increases the flexibility of the ligaments.

Pranayama improves respiratory capacity and controls ageing factors.

“When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath.”

(G)Old Age - Mantra

What age is old age?

Certain physical and psychological changes can give a look and feeling of old age. Ex: Grey hair, loss of teeth, skin folds, stress, tired feeling, loss of memory, loneliness, low level of confidence and loss of youthfulness.

So it is difficult to say exactly what age is old age. Conventionally people above 60 years in India were considered as old. In developed countries normally above 70 years is considered as old age. Apart from declining general health and age-related chronic health problems, monetary constraints and disillusion due to low level of response from children complicate things. Accidents and injuries worsen the situation.

Make your house and environment safe. Avoid slippery floors and keep floor dry, especially in bath rooms. Make sure you keep things at a reachable height, so that you need not risk falling from height while taking them off storage space. Keep floor free of any obstacles because stepping on a small object due to poor vision can result in a fall. Do not carry heavy weights. Keep enough light during the night. Turn the gas off when not in use. See that your furniture and beds are comfortable.

Healthy eating habits, regular physical activity are must for keeping good health during old age. Some of the age related health problems are : Hypertension, Heart problem, Kidney problem, constipation, Urinary infection, Arthritis, Hyperacidity, Dementia, Parkinson disease, Alzheimer's disease (Neurological Problems)

Without affecting quality of life, most of these diseases can be avoided / managed by following a Well planned diet and a strict schedule of meal plan.

Avoid taking:

- * Hydrogenated fats used in biscuits etc. Totally avoid direct oils (as in case of deep fried items)
- * Spices
- * Heavy-calorie foods like sugar, refined flour like maida (whole wheat atta can be used in its place) soft drinks, pastries
- * Preserved Foods like pickles

Diets for this age group should contain More of :

- * Whole gram cereals and millets (Jowar, Ragi). Oat meal is highly recommended
- * Pulses in moderation, preferably germinated and fermented (like dosa, idli & dhokla)
- * More of Vegetables and Fruits
- * Skimmed milk and buttermilk

- * Fibre diet supplements (for better bowel movement)
- * 15-20 gms. of Nuts (walnut, peanut, almond etc.)
- * White of egg
- * Plenty of clean water to ensure urine output
- * In addition to proper balanced food, supplementation of vitamins and minerals through tablets is necessary.

Physical Activity - A Must

Just as a part of a machine gets stuck up in case of disuse, our muscles, joints and back bone also slowly degenerate if we do not use them. Physical activity is essential for good blood circulation and retaining lung capacity. Vigorous exercises are not advised but long walks, gardening and attending to household chores will help keep the body in good shape. In urban areas long walks and gardening can be enjoyed only by a few fortunate people. So one of the practical ways to keep physically fit is - **yoga**, which is also useful in managing most of the age-related health problems.

Right Mental State - Key to happiness

Along with body it is important to keep the brain healthy and active. So develop positive attitude and spirituality; relax through meditation; keep company of good and healthy friends; pursue some hobbies like book reading , gardening or some other constructive activity; and play specific brain-teasing games.

In old age, it is important to keep the inter-personal relations in a positive way. Speak only when absolutely necessary; don't give unsolicited advice; don't insist on things to be done in your way; don't compare past things with present and criticise others.

Keeping free from worries

To keep yourself free from worries, do not expect anything from anyone and simplify your needs. Do not engage servants in the home without checking their antecedents. Talk less and listen more. Try to take part in group activities with like-minded persons, like attending discourses and satsangs, solving some common problems in your neighbourhood / colony etc.

Try to have a sense of humour. Take each day as it comes. This will help to develop willpower to face the problems and adversities as age advances. Do not expose yourself to any kind of unnecessary risk - physical, emotional, or financial- as old age is a very vulnerable stage of life.

- Dr.P.Pushpamma Ph. D.

YOGA FOR EXECUTIVES & SOFTWARE PROFESSIONALS

Today we find computers in every sphere of life. We are not talking of IT industry alone; computer usage has become essential for all the white-collar employees.

Majority of today's youth have made IT as their career. But IT profession is not simply just sitting in air-conditioned rooms. It calls for creativity and patience.

You are forced to sit for a long hours in the same posture due to which you experience discomfort.

Yet you are supposed to work within strict time frame and also offer innovative software solutions. It causes physical as well as mental strain.

Other kind of employees may not have to offer software solutions; nevertheless, they have to spend , many hours working on computers, straining the back, eyes, etc.

Common problems faced by computer users:

- Long continuous hours of sitting results in backache, obesity and related disorders.
- Lack of proper support to the neck causes excessive strain resulting in Spondylitis.
- Viewing the computer screen continuously from a very short distance is a strain to the eyes causing dryness, pain and itching. This might lead to occasional headaches also.
- Improper typing support and positioning of fingers on the keyboard and absence of hand resting on the chair causes frequent pain in finger joints and arms.
- Exposure to air-conditioning for long hours, especially when the temperature outside is relatively hotter causes dryness of skin. Occasional dehydration is also possible due to insufficient water consumption.
- Eating disorders like late meals, skipping a meal, excessive oil and fat contents in the food consumed, excessive intake of coffee, tea and cool drinks; spoils health.
- Work pressure and official targets, often cause stress and strain resulting in restlessness, impatience, intolerance and disinterest in further activities.

" Kids in the Age group of five to ten are high in physical power and mental activity, help them harness this power through yoga . "
-Carrmine Irene

Medication - Yoga

Due to change in lifestyle and eating habits, incidence of overweight and diabetes is increasing. Among the persons in 30+ age group, especially in urban areas, 10-15% are suffering from diabetes. Diabetes leads to many diseases involving important organs like eyes, kidneys, heart and brain.

To control diabetes, you should observe good food habits, do regular exercises and if required take proper medication. Physical exercises are very important to control not only diabetes but also other health problems like high B.P.

Studies have proved that Yoga is a very effective tool to prevent and control many diseases, diabetes being one of them. So, yoga has become very important not only in the country of its origin but also across the globe.

Certain Yogasanas regenerate the pancreas to help the body to reduce insulin resistance. They improve pancreatic cells to produce more insulin so that diabetes is controlled. If you learn yoga under the guidance of a good yoga teacher, there is an opportunity to reduce medication. By starting yoga at a right age i.e. young age, it is possible to prevent diabetes.

Dr. Ch. Vasanth Kumar

Remedial Measures:

- Make sure that the chair is comfortable; so as to provide proper support to the neck, arms and back.
- Drink fluids like pure water, fruit juices etc.. (not carbonated beverages) at frequent intervals
- Take breaks of 2 to 4 minutes and change posture atleast once in an hour
- Laughter at workplace helps in better understanding among colleagues and the work atmosphere turns friendly and tension-free.
- A regular practice of simple Yoga asanas keeps you fit and healthy. Disturbed sleep pattern will be regulated through Yoga.
- A fit employee is less likely to fall sick, has high energy levels, more self-confidence and is more productive.

“ Those who think they have no time for physical exercise will sooner or later have to find time for illness. ”

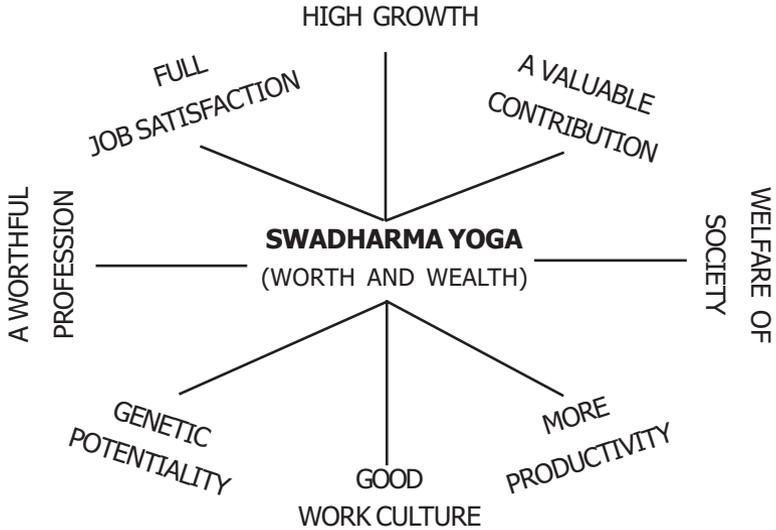
SWADHARMA YOGA for SUCCESS AND SATISFACTION

SWADHARMA means working according to the "SELF DUTY"

YOGA means to do the things in a "RIGHT - MANNER"

SWADHARMA YOGA means choosing a right profession based on one's own characteristics and bent of mind.

Then only, one would be committed to that particular cause for a life time.



FREE MIND MEDITATION

In this hitech age, a persons are getting depressed often which reflects in changing moods and anxiety. This is leads to insomnia, weakness and prolonged body pains. How do you treat depression? 'Dhyana' is the only mantra to fight depression. Through 'Dhyana' you can eliminate unnecessary thoughts and control desires. This calms down the agitating mind and gives solace to heart.

What is 'Dhyana' (meditation)?- 'Dhyana' is to turn your mind to inner-self and concentrating on it for a long period without any distraction

" To keep the body in good health is our duty... otherwise we shall not be able to keep our mind strong and clear. "

This would free the mind from avocations of past and desires of future. Then mind effortlessly liberates itself and enjoys the present.

Benefits of free mind meditation:

- 01. It relaxes various systems in the body
- 02. Increases blood flow; regulates the rate of heartbeat
- 03. Strengthens immune system and builds self-confidence
- 04. Relieves mental stress
- 05. Concentration improves and efficiency increases
- 06. Enhances observation, memory and creativity
- 07. People who meditate regularly find it easier to give up life-threatening habits like smoking, alcohol and drugs
- 08. Improves understanding power and free thinking
- 09. Makes you feel enthusiastic and exuberant
- 10. Quality of life improves; you look younger than your age

Meditation is the most widely practised therapy to re-energise, maintain composure through out the day and also unwind and relax at the end of the day.

A Team of Expert Yoga Teachers

Yoga has been explored and made available with built-in avenues in the very nature by great ancient Rishis. Of late, there is tremendous response from various quarters to learn Yoga - yet, there exists a greater patch of grey areas, where most common men are not posted.

In this regard, the attempts being made by KMRR and especially by Dr. C.V.Rao and his faculty are very commendable. They do not merely impart the awareness by conducting classes, but also train the teachers, who in turn can take up customized classes for various individual groups.

I sincerely congratulate them for their honest attempts to make one healthier, more organized, more productive, more stress-free and more happy.

Justice B.Prakash Rao
High Court of A.P., Hyd.

" Doctors treat the patients; where as Yoga teachers help in minimize them in society. " -Dr.A.P.J.Kalam

WHAT HAPPENS INSIDE WHILE DOING 'PRANAYAMA'?

- 1.While doing pranayama inner respiratory organs are synchronized according to the breathing pattern.
- 2.usually while breathing we take only 1lt of oxygen.While doing pranayama we take nearly 5lrs of oxygen in.
- 3.Air sacs in lungs are clenched.
- 4.oxygenated air is circulated to all parts of the body.
- 5.Oxygen can reach each and every cell of the brain.
- 6.Increased oxygen transfer in the lungs and enhances blood flow throughout the body.
- 7.Involuntary muscles of Heart & Lungs are specially activated.

NADISODHANA PRANAYAMA :

start inhale through left nostril 100% and exhale 100% through right nostril. similarly restart inhalation, inhale from right nostril and exhale through the left nostril this is one cycle of 'N.D.S.'

*While inhale your stomach to be out, and while exhale to be inside.

*Do it around 10 cycles.

MEAL-MANTRA

Meal- Mantra can be followed while you have home-meals.Before taking your meals, just take a little water and relax well for 10 minutes in Prashanthasana (with soft music). By applying this Meal-Mantra, stomach organs get so relaxed as well as your mind.Then you can minimize the food intake and it is also helpful to resist the drowsiness/ noon sleep that may usually cause for accumulation of Belly fat in the body.

" A Man / Woman can succeed at almost anything in which he/she has unlimited enthusiasm. " **- William James.**

ENERGY PARAMETERS

(Compare this with Optimum weight)

BMI (Body Mass Index) = Weight (kg.) / Height (Mts.)²

If **BMI** is <18 - underweight
19-25 - normal
25-30 - overweight
>30 - obese

Waist/Hip ratio <1 or 1 - normal; >1 - obesity

Obesity can be cured by a low-fat, low-carbohydrate, vegetarian diet rich in fibre and protein.

Proteins are found in: Animal foods, skimmed milk, beans and egg white.

Animal protein is superior to vegetable protein but we gain weight gain. Hence should have it sparingly.

Vegetable proteins are available in milk, cereal and in pulses like red gram, Bengal gram, groundnut & gingelly oil.

A few Vegetable protein dishes, are idli, dosa & pongal.

Reduce the intake of sugars, white flour and fatty foods.

Increase exercise and Yoga. Asanas like Halasana, Paschimottanasana, Pawanamuktasana, Dhanurasana, Padahasthasana, Artha-Matsyendra asana, Vakrasana and breathing exercises like Kapala Bhati, Bhastrika, Uddiyana Bandha, Vipareetakarani, Nauli, Dhouti Kriyas are of great help.

Daily caloric requirement for an adult female is 2000-2400 kcal, an adult male is 1200-1800 kcal.

(Depending upon body weight and physical activity).

Optimum Weight

To calculate optimum weight, you convert your height into cms. And deduct 100 from it. For example, if a person is 165 cms. tall, deduct 100 from 165 and his weight should be not more than 65 kgs.

If he has diabetes he should be 10% less than 65 kgs. i.e. 58.5 kgs.

If he is 20% above this weight i.e. 78 kgs., he will be called obese.

FOR WEEK LONG GOOD HEALTH:

5 Days Yogasanas, 1 Day Body Massage,

1 or 1/2 day Fasting and of course Balanced Diet

**" A Photographer gets people to pose for him.
A Yoga instructor gets people to pose for themselves. "**

OPTIMUM HEIGHT/WEIGHT TABLE

	MEN			WOMEN		
	HEIGHT		WEIGHT	HEIGHT		WEIGHT
	C.M's	FT	KGS	C.M'S	FT	KGS
1)	157	5' 2"	56 - 60	157	5' 2"	53 - 56
2)	160	5' 3"	57 - 61	160	5' 3"	54 - 58
3)	162	5' 4"	59 - 63	162	5' 4"	56 - 60
4)	165	5' 5"	61 - 65	165	5' 5"	58 - 61
5)	168	5' 6"	62- 67	168	5' 6"	59 - 64
6)	170	5' 7"	64- 68	170	5' 7"	61 - 65
7)	173	5' 8"	66 - 71	173	5' 8"	62 - 67
8)	175	5' 9"	68- 73	175	5' 9"	64 - 69
9)	178	5' 10"	69 - 74	178	5' 10"	66 - 70
10)	180	5' 11"	71 - 76	180	5' 11"	67 - 72
11)	183	6' 0"	73- 78	183	6' 0"	69 - 74
12)	185	6' 1"	75 - 81			
13)	188	6' 2"	77 - 84			

YOGA THERAPY

Yoga tackles following diseases/disorders:

List of disorders which can be tackled by the following asanas.

- 01 Anaemia, Anxiety, Arthritis, Asthma
- 02 Backache, Bronchitis
- 03 Cold, Cough, Constipation,
- 04 Depression, Diabetes, Dry Eye Syndrome, Dry Mouth
- 05 Ear and Eye Diseases, Eating Disorders
- 06 Fatigue, Fever
- 07 Gynaecological Diseases
- 08 Headache, Hypersensitivity, Hypertension
- 09 Inflammation, Insomnia, Intestinal Diseases
- 10 Jaundice
- 11 Migraine
- 12 Nausea, Neck Pain
- 13 Obesity, Osteo arthritis
- 14 Parasympathetic Nervous System Diseases, Pneumonia
- 15 Respiratory Tract and Rheumatic Diseases
- 16 Sinusitis, Slip Disc, Spondylitis, Stress
- 17 Thyroid Diseases, Tonsillitis

A 30 MINUTES YOGA

Starting with Prayer

ANULOMA/VILOMA PRANAYAMA (5 Minutes)

BENEFITS :

- 01 Cleanses the nasal passage
- 02 Awakens the pranic energy
- 03 Helps to alleviate depression
- 04 Makes the mind more alert
- 05 Removes dullness and lethargy



01. TRIKONASANA (6 Rounds)

BENEFITS:

- 01 Tones the entire body
- 02 Strengthens the spine
- 03 Burns excess fat at hips, waist line / legs
- 04 Strengthens the pelvic area.

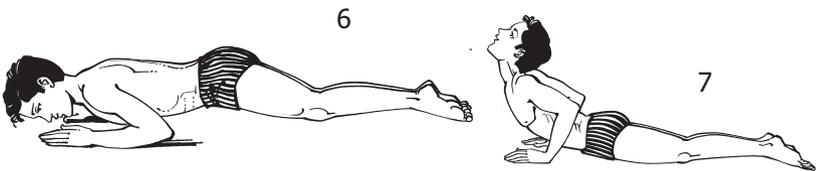
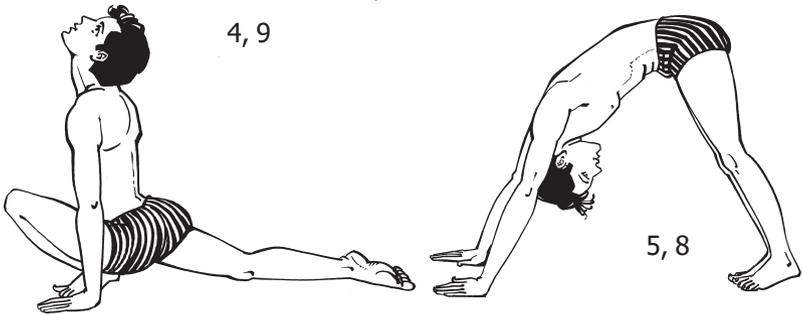
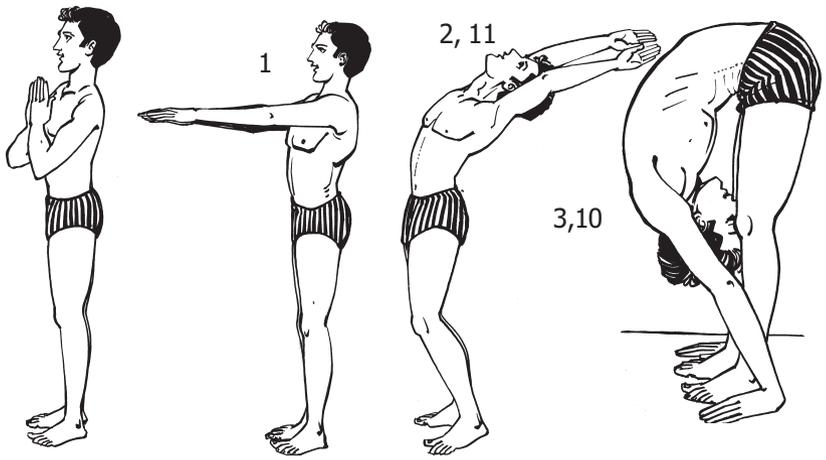


02. SURYA NAMASKARAS (12 Rounds)

BENEFITS:

- 01 Helps in acquiring a supple body
- 02 Stiffness in joints and ligament will be relieved
- 03 Improves cardiac function
- 04 Spinal muscles are fully stretched.
- 05 Skin texture improves due to overall blood circulation
- 06 Stimulates the internal organs and glands

“ To avoid sickness, eat less; to prolong life, worry less. ”



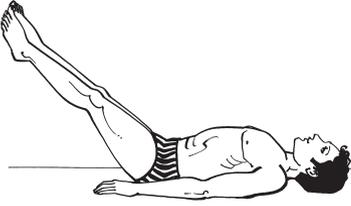
Figs.: **01.** Readiness posture & 12. **02.** 1. **03.** 2,11. **04.** 3,10.

Figs.: **05.** posture 4, 9. **06.** 5, 8. **07.** 6. **08.** 7.

Counter Asana for Surya Namaskars: Parswa Konasana

" A SIMPLE 'YOGA' MAKES A BIG 'DIFFERENCE' "

03. UTTAN PADASANA (6 Rounds)



BENEFITS:

- 01 Reduces fat in the body, tackles obesity
- 02 The abdominal muscles are strengthened
digestive system functions efficiently
- 03 Helps in trimming the tummy
- 04 Strengthens the pelvic and perineum
muscles

CAUTION:

People with severe backache should not perform this asana.

04. PASCHIMOTTANASANA (6 Rounds)

BENEFITS:

- 01 Increases the blood flow
to the abdominal region
- 02 The spinal muscles are
fully stretched
- 03 Reduces excess fat
around the abdomen
- 04 Therapy for Liver diseases, Diabetes, Bronchitis
- 05 Alleviates disorders of Menstrual and uro-genital system.



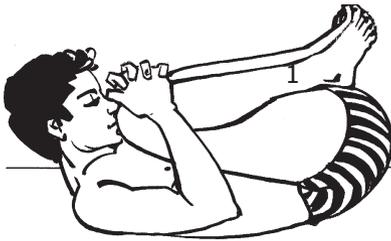
CAUTION:

People who suffer from slipped disc, back pain or sciatica should not practice this asana.

05. PAWAN MUKTASANA (4 times)

BENEFITS:

- 01 Strengthens the lower back
- 02 Massages the abdomen
and digestive organs
- 03 Helps in relieving extra gas
- 04 Relieves constipation
- 05 Pelvic muscles and reproductive organs get massaged



" He who masters the Asanas, conquers the inner world "

CAUTION:

Persons with high B.P should do this asana with head rested on the ground.

People suffering from Sciatica or slip-disc should do it under guidance only.

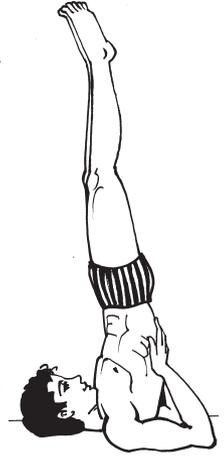
06. SARVANGASANA (1-2 mins.)

BENEFITS:

- 01 Purifies &supplies the blood to the brain&circulatory system
- 02 Whole respiratory system is invigorated
- 03 Good for Obesity, Diabetes, Asthma, Menstrual disorders
- 04 Thymus, thyroid glands are stimulated
- 05 Relieves mental stress, fear and headaches

CAUTION:

Patients with cervical Spondylitis, slipped disc, high B.P/ heart ailments should avoid this Asana
Counter Asana for Sarvangasana: Matsyasana



07. ARDHA-MATSYENDRA-ASANA (Each side 2 mins.)

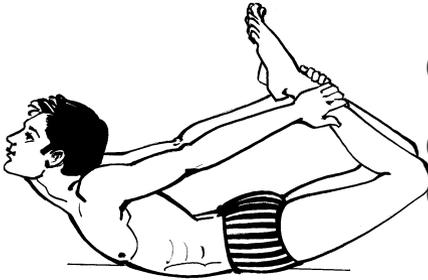
BENEFITS:



- 01 Cultivates stomach flexibility
- 02 Tones up the pancreas, liver and kidneys
- 03 Massages the intestines, hence good for constipation
- 04 It soothes stiff-neck and upper-back tension caused by stress
- 05 Increases circulation to the spleen.
- 06 Acts as therapy for diabetes

08. DHANURASANA (6 rounds)

BENEFITS:



- 01 Nourishes all abdominal organs by supplying more blood helps for digestive power
- 02 Burns the fat at the stomach/shoulders/thighs
- 03 Improves respiration capacity
- 04 Especially beneficial for diabetes and chest ailments

✦ Relax in Makarasana

CAUTION:

People suffering from high blood pressure, hernia, ulcers should not attempt this Asana

09. KAPAL BHATHI PRANAYAMA (1)

BENEFITS:

- 01 Removes sensory distraction from the mind
- 02 Egoism and negative thoughts are eliminated.
- 03 Strengthens the nervous system
- 04 Empor the lungs, kidneys and digestive organs
- 05 Useful for people suffering from Asthma, Bronchitis/Tuberculosis

CAUTION:

People suffering from high blood pressure, vertigo, hernia/heart diseases are not advised to perform this Pranayama



10. NADI SHODHANA PRANAYAMA (Alternative nostril breathing process)

BENEFITS:

- 01 The whole body is nourished due to an extra supply of oxygen
- 02 Clears 'pranic' blockage and balances the 'Ida' & 'Pingala' Nadis
- 03 Increases vitality and lowers the levels of stress and anxiety
- 04 Induces tranquility, clarity in thought and concentration
- 05 Well suited for those engaged in work pressure

11. PRASHANTHASANA (10 mins.)

- 01 Very Important Asana to be performed at the end of yoga session.
- 02 An inexplicable relaxation that can relieve the stress and strain of the day-to-day life
- 03 Mind becomes peaceful, calm and centered.



Prayer at the End

FAQs

Q: Are there any diet restrictions while practising Yoga?

A: No restrictions. However, balanced Sattvic food helps.

Q: When can children start Yoga?

A: From the age of 8 years. Since organic growth occurs till that age.

Q: Can you do Yoga along with other exercises?

A: Other exercises are body-oriented. After a gap of 10 min., you can practise Yoga for exercising the mind also.

Q: After how many months' of training, can one do Yoga on their own?

A: Generally, after 8 weeks of Yoga training, one can go for self practice.

Q: Can Yoga reduce overweight?

A: Yes. Gradual weight reduction is possible. Regular yoga practice helps you maintain ideal body weight .

Q: If you stop Yoga midway, do you put on weight?

A: It is proved that as long as Yogic diet is followed, there is no fear of putting on weight, even if you discontinue Yoga.

Q: Is Yoga suitable to elderly? Till what age can you perform Yoga?

A: If the body co-operates, you can do Yoga till the end. In fact, Pranayama and Yoga nidra are very helpful in old age.

Q: Is it okay if you sweat during practice of Yoga?

A: It depends upon the constitution of the body. Sweating is in no way a negative factor.

Q: Can you go for meditation directly without going through Yoga?

A: No. Sage Patanjali says that you can go for meditation in a step-wise manner. Asanas, Pranayama and Bandhas are the gradual steps for Dhyana. Unless you go through these layers, you can not meditate effectively.

Q: Can Yoga cure insomnia? (Inability to sleep)

A: Yoga nidra and Pranayama are good tonics to induce sleep.

Q: For regular walkers, is Yoga necessary?

A: Walking is an effort to warm up the body, whereas Yoga is a holistic approach for overall physical and mental wellbeing.

Q: How far Yoga helps beautycare?

A: Proper blood circulation and oxygenation for entire body is possible only through Yoga. Thus it helps not only for good health but also promotes a natural glow of skin. Yoga gives mental peace which improves the demeanour of a person.

Q: How long you have to wait to practise Yoga after surgery?

A: Depends on the surgery. Consult your surgeon and Yoga teacher. Normally, 3 months interval is good enough.

Q: Does Yoga help increase the height in children?

A: Though height depends upon genetic factors, Yoga practice helps to increase height to a certain extent. Yoga brings about metabolic changes in children which results in sustained growth and height.

BE AWARE of APA-YOGA

Counter Asanas:

Yoga is the best answer for physical, mental, emotional and stress related disorders.

Nowadays most of the people are opting yoga as best means for better health.

This has created a lot of demand for yoga trainers.

This demand resulted in several people taking up yoga as profession.

Out of them, very few are properly trained and certified teachers.

Most of the trainers are teaching yoga without proper knowledge and understanding.

There are number of counter Asanas to be followed immediately after performance of certain main Asanas.

In the absence of counter Asanas, you are likely to get health disorders like muscle cramps, body pains etc.

So learning under the guidance of expert teacher is essential.

Every individual cannot perform all the asanas. Depending upon your age and health conditions, you should be aware of limitations while performing certain Asanas.

People with heart problems, Hypertension, Arthritis, Spondylitis etc., are not supposed to perform certain Asanas in full swing.

While doing Asanas or Pranayama, do not stop in the middle to refer to any BOOK/CD, because you miss the rhythm.

Whenever we practise forward-bending Asanas, we need to follow it up with backward-bending Asanas. After performing standing Asanas, we should perform immediately sitting Asanas or Prashanta Asana. Otherwise we end up with contra-effects.

Here are some examples:

ASANA	COUNTER ASANAS	CONTRA EFFECTS
01. Paschimottan Asana /Sasankasana	Chakrasan /Bujangasana	Back pain, Spondylitis
02. Surya Namaskaras	Parswakonasana/Prashantasana	Body pains
03. Sarvanga Asana	Matsya Asana/Chakrasana	Cervical Spondylitis

KMRR is aware of the ill effects of "Apayoga" on Yoga sadhakas and taking care of this aspect by imparting body anatomy and physiology while training Yoga teachers in KMRR Yoga Teacher Training Certificate/Diploma. It is also conducting Self Health Management courses. Under the stewardship of **Dr. C V Rao** and supervision by Allopathic, Ayurvedic physicians and Diabetes experts KMRR has trained **852** Yoga teachers by July-2011 .

KMRR Yoga Teachers Courses with - World Class Standards

TTC in Yoga Teacher Training Courses

For Self-Employment; For Self- Health management

- * Yoga T.T.C certificate courses Batchwise with suitable Timings.
Duration : Three months

Diploma in Yoga

- * Yoga T.T.C Diploma courses (With innovation of ORGAN'IC-YOGA)
Duration : 4 months
- * KMRR'S Swadharma Yoga Teacher Training Courses under the expert guidance of Dr. C.V. Rao along with main faculties like.
Dr. Ch. Murali Manohar M.D. (Anatomy)
Dr. Ch. Vasanth Kumar M.D. (Stress)
Dr. P. Usha Bala (Diabetes)
Dr. G. Sarojini, Phd. (Nutrition)
Sri J. Sanjeeva Rao (Arthritis)
Ms. M. Sumathi (Yoga Practicals)
Sri V.Srinivasa Rao (Kriyas) .. and other professionals
- * The potential subjects covered in TTC includes body Anatomy/ Physiology, food and nutrition, Organ'ic-yoga. spl. syllabus, Therapy wise Yogasanas, Pranayama and Meditation levels.

	KMRR - HIGHLIGHTS	
	<ul style="list-style-type: none">* Yoga Teacher Diploma Courses (Trained over 852 Teachers)* Corporate Yoga* Yoga Therapy* Free Mind Meditation* KMRR as one of the 'Best Yoga institutions' in south india - Awarded by Madras Telugu Academy (2005)	<ul style="list-style-type: none">* Students Yoga* Door-Step Yoga* Family Counselling

Some of the Successful Yoga Teachers From KMRR



Monju Jung
(N.Korea)



Dinaz
(Guinness Book Winner)



Lee Kyong
(Korea)



K.V. Lakshmi



M. Sumathi



Jahnvi



P.Rekha



S.R. Manas



G.Madhavi



Prathibha Agarwal



M.Suresh



B.Roopa

KMMR - Corporate Yoga

This chapter deals with:

- Productivity of the Staff - Factors for diminishing
- Need to have Cutting edge
- Role of good health to reach targets
- Holistic approach through Yoga
- Conducting Yoga classes at your doorstep
- Cost factor and Returns thereon

Productivity of the Staff - Factors for diminishing

Over the years, machines wear out resulting in lower turnout

So, we overhaul them periodically;

even revamp them when they become old

But What are we doing in case of human resources?

How often do you overhaul them?

How often do you rejuvenate them?

We take human resources for granted

We expect them to take care of themselves.

Why man become less productive...?

Family Health:

As an employee grows older, his family responsibilities multiply

Wife's ill-health... Children's studies | Growing Expenses..

Anything can upset him and make him fall sick

Sickness further worries him.. 'What if something happens to me?'

Anxiety about future leads to further deterioration of health

and consequently his output dwindles

Diminishing Enthusiasm:

- Probably he is not getting promotions
- Probably he is not getting his choice-posting
- Probably he is not getting the due recognition

This results in

- Indifference towards Management
- Lack of interest to reach set goals

He needs to balance his mind

Lest he infects his colleagues with his skepticism

Individual Health:

- Too engrossed in work to do regular exercise
- Lack of awareness about importance of health
- Bad habits like smoking, drinking, late nights..
- Eating junk food; irregular timings for intake of food
- Misuse of medical benefits offered by company

Remember- Unhealthy Mind in an Unhealthy Body
You can not expect him to show interest in his work
He needs to balance his body

Need for having cutting edge

In this age of fierce competition...
You need to make your product/service...

- ... to be of high quality, since client is conscious of it
- ... to be long-lasting, to win customer's trust
- .. to maintain after-sale service, to ensure repeated sales
-to make it cost-effective, for attracting customer

Unless High yield and low cost are ensured,
You can not make it cost-effective
You can not achieve this with physically/mentally sick staff

Health holds the key for all your managerial decisions...

- Unless the staff enjoys good individual health to evince enthusiasm and interest
- Unless he is contented with management
- Unless he is able to put up with pressures back at home
- Unless he has mental capability to grasp the entrusted job and physical stamina to execute it

All Your Road Maps and Blueprints go haywire
**** Manage the Staff Health ; Manage the company well***

Proposal of Kapila Yoga

A Yoga session in the office premises ensures:

- Regular exercise to keep staff trim
- Toning up of body to accept new challenges
- Physical stamina to withstand rigors of hard work

YOGA - To handle Mind & Body

Yoga helps to :

- Afford control over mind and body
- Teach to remain calm in frustrating circumstances
- Remove anxiety about future at home and office
- Overcome temptation of bad habits
- Take away greed and avarice
- Regulate the diet too for better compliance

Advantages of YOGA

In Yoga classes, Sadhaks do Yoga in a group it imparts

Collective Practice of

Asanas, Pranayama, Meditation

- Improves Team Synergy
- Removes Ego hassles
- Enhances Work Coordination
- Inculcates humility and humbleness
- Conveys a message that all are equal in front of a Guru

YOGA

No investment; Body alone is the equipment

No overhauling ; No maintenance cost

Conducted in groups; Simultaneous batches

Only an hour per day

How the staff perceives it..?

When the company arranges PF, GPF, ESI etc.

- No employee feels obligated/indebted as they are statutory obligations
- When the co. takes care of the health, the employee feels it is out of concern towards him and his family
- His loyalty towards the firm strengthens
- Betterment of his health improves the conditions on home front and even the family encourages his commitment to the company
- A rejuvenated staff aims at higher goals of performance and does not need motivation from management

What KMRR can do for you...?

- KMRR can assess health position of your staff
- It can bring health awareness among them
- It can design personal Yoga regime
- Can advise them Proper diet

- Conducts Yogasana classes to bring flexibility to the body
- Conducts Pranayama classes to improve concentration levels through customized way
- Conducts Meditation classes to bring inner peace and joy
- Also Provides Personality development classes etc.

For More enquiries on **Corporate Yoga**, please call us.

KMRR Yoga Help Line : **98499 77607. www.kapilayoga.org**

e-mail : kmrryogas2036@gmail.com

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Ladies Special Classes (5 days a week)

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For imparting good culture and concentration

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Yoga @ your Doorstep

by Certified Yoga Teachers

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(for software and executives by senior yoga teachers)

KMRR Research Publications

- 1. Yoga 4 You (160Pages-English)**
- 2. Yoga Mantra (40Pages-English)**
- 3. Organ'ic Yoga (Course Manual-English)**
- 4. Dehamu -Yogamu (100 Colour Pages-Telugu)**

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