

HOLISTIC 'N' WELLNESS

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HEALTH TIPS | ARTICLES | EXPERT ADVICE



YOGA FOR HEALTHY AGEING

— MOVE GENTLY. BREATHE DEEPLY. —

 *Live Fully.* 

Yoga supports graceful ageing by improving strength, flexibility, balance, and mobility while nurturing mental clarity, emotional balance, and inner joy at every stage of life.



FREEDOM FROM HEADACHES

Poses for Real Relief



MEDITATION FOR SELF-CARE

Simple Practices for Daily Well-Being



THE HEALING POWER OF YOGA

Transforming Body, Mind & Spirit



WHAT TO EAT BEFORE YOU PRACTICE

Smart Nutrition for Better Energy & Performance



YOGA FOR HEALTHY AGEING – KEY BENEFITS



Improves Flexibility & Mobility



Builds Muscle Strength & Bone Health



Enhances Balance & Reduces Falls



Supports Mental Well-Being & Emotional Balance



Boosts Immunity & Overall Vitality

AGE IS NOT A LIMIT—IT'S A NEW OPPORTUNITY TO GROW STRONGER, CALMER & HAPPIER WITH YOGA.



NATIONAL INSTITUTE OF HOLISTIC HEALTH (NIH)

Empowering Health Through Yoga, Naturopathy,
Wellness Education & Holistic Living

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“A Balanced
Mind Leads
to a Healthy
and Happy Life.”



Stay Informed,
Stay Inspired,
Stay Healthy.



NATIONAL INSTITUTE OF HOLISTIC HEALTH (NIH)

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Wellness Education & Holistic Living



CHAIRMAN'S MESSAGE

Celebrating International Day of Yoga 2026: Yoga for Healthy Ageing

Dear Yoga Teachers, Wellness Professionals, and Holistic Health Practitioners,

Warm greetings to all of you on the auspicious occasion of the International Day of Yoga 2026.

Yoga is not merely a physical practice; it is a way of life that nurtures harmony between the body, mind, and spirit. In today's fast-paced world, where stress, lifestyle disorders, and mental health challenges are increasing, yoga has emerged as a beacon of hope, guiding humanity toward holistic well-being and inner peace.

This year's theme, "Yoga for Healthy Ageing" beautifully reflects the universal nature of yoga. Yoga belongs to everyone—regardless of age, gender, physical ability, or fitness level. As yoga teachers and wellness ambassadors, you play a vital role in making this ancient wisdom accessible to all sections of society. Your dedication and service continue to inspire individuals to embrace healthier, happier, and more balanced lives.

On behalf of the National Institute of Holistic Health (NIH), I extend my heartfelt appreciation to every yoga teacher, therapist, trainer, researcher, and wellness practitioner who is tirelessly working to spread the transformative power of yoga across communities and nations.

I am also delighted to invite all Yoga, Naturopathy, Ayurveda, Wellness, and Integrative Health professionals to participate in the **5th International Conference on Yoga & Holistic Health 2026**, scheduled to be held from **15th to 19th August 2026** in Ho Chi Minh City, Vietnam.

This prestigious international gathering will bring together renowned experts, academicians, researchers, healthcare professionals, yoga masters, and wellness leaders from across the globe. The conference will serve as a dynamic platform for sharing knowledge, presenting research, exchanging innovative ideas, and fostering international collaborations in the fields of Yoga, Ayurveda, Naturopathy, Holistic Health, and Integrative Medicine.

I encourage all professionals, institutions, and students associated with holistic health sciences to join us in this global movement and contribute to building a healthier, more conscious, and sustainable future.



Let us celebrate International Day of Yoga 2026 with renewed commitment and collective action. Together, we can create a world where holistic health, inner harmony, and wellness become a way of life for every individual.

Wishing you a meaningful and inspiring International Day of Yoga.

With warm regards,

Dr. Vinod Kashyap

Chairman
National Institute of Holistic Health (NIH)
New Delhi, India

JOIN US

**5th INTERNATIONAL CONFERENCE ON
YOGA &
HOLISTIC HEALTH 2026**

— 15th to 19th August 2026 —

📍 Ho Chi Minh City, Vietnam



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Collaboration



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FREEDOM FROM HEADACHES: *Poses for Real Relief*



Heal Naturally
Live Happily



WHY YOGA MAY HELP

Many everyday headaches are associated with muscle tension in the neck, shoulders, and upper back, stress-related jaw and facial tension, long hours at screens, and poor posture. Gentle yoga can help by encouraging relaxation, improving posture awareness, and reducing muscular tightness that may contribute to tension-type headaches.



IMPORTANT

If you have sudden severe headache ("worst headache of your life"), headache with fever, confusion, weakness, numbness, vision changes, chest pain, fainting, head injury, pregnancy complications, or new neurologic symptoms, seek urgent medical care.



A GENTLE HEADACHE-RELIEF SEQUENCE (10–15 MINUTES)



1

Seated Neck Stretch — 30 seconds each side

Lengthens the upper trapezius and side-neck muscles that often tighten with stress and computer work.

How: Sit tall, relax your shoulders, gently tilt one ear toward the shoulder, and rest the opposite hand lightly on the head if needed. Keep the stretch mild and pain-free.



2

Cat-Cow Pose — 6–8 slow rounds

Mobilizes the upper back and neck while encouraging easier breathing.

How: On hands and knees, alternate gentle spinal rounding and gentle spinal arching with smooth breaths. Avoid forcing the neck.



3

Thread-the-Needle — 20–30 seconds each side

Gently stretches the upper back and posterior shoulder region.

How: From hands and knees, slide one arm under the other and rest the shoulder and temple comfortably on the floor or a folded blanket.



Yoga today for a pain-free tomorrow.



4 Child's Pose — 1–2 minutes

Promotes relaxation and gentle spinal decompression.

How: Kneel and sit back toward the heels, reach the arms forward, and let the neck soften. Place a cushion under the torso or forehead if needed.

**5 Legs-Up-the-Wall — 3–5 minutes**

Often soothing for stress-related tension and prolonged standing or sitting.

How: Sit close to a wall, turn onto your back, and place the legs comfortably up the wall or on a chair if the wall version is not comfortable. Keep the neck neutral and the breath easy.

**BREATHING PRACTICE 4–6 RELAXED BREATHS PER MINUTE**

Inhale through the nose for about 4 seconds, exhale for about 6 seconds.

Continue gently for 1–3 minutes.

Slow, easy breathing can help reduce sympathetic “fight-or-flight” activation and may lessen the perception of tension.

**HELPFUL HABITS THAT SUPPORT RELIEF**

Take a 1–2 minute movement break every 30–60 minutes of screen work.



Keep shoulders relaxed and the head balanced over the torso, not jutting forward.



Stay hydrated and eat regularly if missed meals trigger headaches for you.



Prioritize sleep and consistent wake times.



Reduce jaw clenching by occasionally checking that the teeth are not tightly pressed together.

**WHEN YOGA IS NOT ENOUGH**

Yoga can be a useful adjunct for many tension-type headaches, but **migraine**, **cluster headache**, **cervicogenic headache**, **medication-overuse headache**, and **secondary causes** may require medical evaluation and targeted treatment.

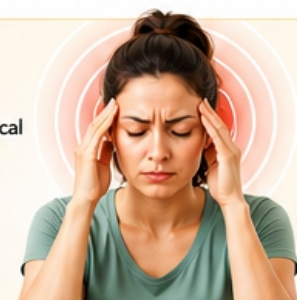
If headaches are frequent (for example, several days per month), worsening, or interfering with work, sleep, or daily activities, consult a qualified healthcare professional.

**KEY TAKEAWAY**

For many people with stress- and posture-related headaches, a brief daily practice of neck stretches, Cat–Cow, Thread-the-Needle, Child's Pose, Legs-Up-the-Wall, and slow breathing can provide gentle, practical relief and support overall well-being.

**MAGAZINE NOTE**

Stop the practice and seek medical advice if a pose increases pain, causes dizziness, numbness, vision changes, or feels unsafe.





MEDITATION

— *for Self-Care:* —

Simple Practices for Daily Well-Being

In today's fast-paced world, stress, mental fatigue, and emotional overwhelm have become common challenges. Self-care is no longer a luxury—it is a necessity. Among the many self-care practices available, meditation stands out as one of the simplest, most effective, and accessible tools for nurturing mental, emotional, and physical well-being.

Meditation is the practice of bringing awareness to the present moment with openness and acceptance. It helps calm the mind, reduce stress, improve concentration, and cultivate inner peace. Even a few minutes of daily meditation can create meaningful changes in overall health and quality of life.



WHY MEDITATION MATTERS

Regular meditation has been shown to:



Reduce stress and anxiety



Improve focus and mental clarity



Enhance emotional balance



Promote better sleep quality



Lower blood pressure and support heart health



Increase self-awareness and resilience



Foster a greater sense of happiness and contentment



By creating moments of stillness amidst daily demands, meditation allows us to reconnect with ourselves and respond to life with greater calm and clarity.

SIMPLE MEDITATION PRACTICES FOR DAILY WELL-BEING



1 Mindful Breathing (5 Minutes)

Mindful breathing is one of the easiest ways to begin a meditation practice.

How to Practice:

- Sit comfortably with your spine relaxed and upright.
- Close your eyes gently.
- Bring attention to your natural breath.
- Notice the sensation of inhaling and exhaling.
- If your mind wanders, gently return your focus to the breath.



This simple practice helps reduce mental chatter and promotes relaxation.



Meditate daily, live mindfully.





MEDITATION

— for Self-Care: — Simple Practices for Daily Well-Being



“ —
The quieter
you become,
the more you
can hear.
— ”

2



Body Scan Meditation (10 Minutes)

A body scan encourages awareness of physical sensations and helps release tension.

How to Practice:

- Lie down or sit comfortably.
- Bring your attention to your feet.
- Slowly move your awareness upward through the body.
- Notice sensations without judgment.
- Relax any areas of tightness or discomfort.



This practice enhances mind-body connection and supports deep relaxation.



3



Loving-Kindness Meditation

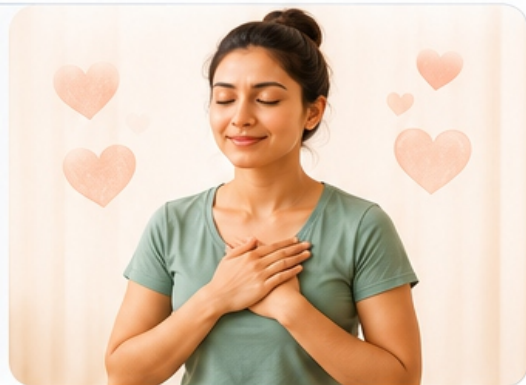
This meditation cultivates compassion toward oneself and others.

How to Practice:

- Sit quietly and focus on your heart center.
- Silently repeat phrases such as:
 - ♥ May I be healthy.
 - ♥ May I be peaceful.
 - ♥ May I be safe.
 - ♥ May I be happy.
- Gradually extend these wishes to family, friends, and all beings.



Regular practice can increase positive emotions and strengthen relationships.



4



Walking Meditation

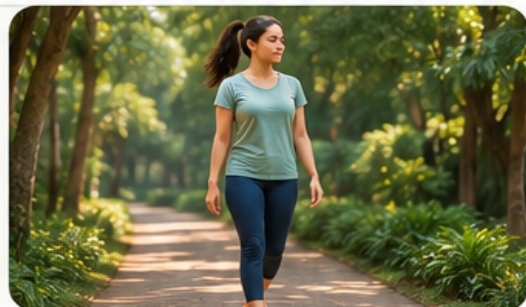
Meditation does not always require sitting still. Walking meditation combines movement with mindfulness.

How to Practice:

- Walk slowly and deliberately.
- Pay attention to each step.
- Notice the movement of your feet and body.
- Observe your surroundings without distraction.



This practice is especially helpful for those who find seated meditation challenging.



5



Gratitude Meditation

Gratitude meditation shifts attention from stress and lack to appreciation and abundance.

How to Practice:

- Sit comfortably and take a few deep breaths.
- Reflect on three things you are grateful for today.
- Allow feelings of appreciation to arise naturally.
- Spend a few moments resting in those positive emotions.



Practicing gratitude regularly can improve emotional well-being and life satisfaction.



Today
I am
grateful
for...

TIPS FOR BUILDING A DAILY MEDITATION HABIT



- ✓ Start with just 5 minutes a day.
- ✓ Choose a quiet and comfortable space.
- ✓ Practice at the same time each day.
- ✓ Be patient with yourself; wandering thoughts are natural.
- ✓ Focus on consistency rather than perfection.

CONCLUSION



Meditation is a powerful act of self-care that requires no special equipment or extensive training. By dedicating a few minutes each day to mindful awareness, individuals can cultivate greater peace, resilience, and overall well-being. Whether through mindful breathing, body scanning, loving-kindness, or gratitude practices, meditation offers a simple yet transformative pathway to a healthier and more balanced life.



Meditate daily, live mindfully.





लहसुन है अमृत के समान

जानिए सही सेवन विधि और इसके

15 अद्भुत फ़ायदों के बारे में ज़रूर पढ़ें

आयुर्वेद का
अमृत रसायन

देव-दानव अमृत कथा के
अनुसार लहसुन को अमृत
तुल्य माना गया है।

लहसुन का प्रयोग भारत में बहुत पहले से चला आ रहा है। यह दाल व सब्जी में प्रयोग किया जाता है। इसका उपयोग औषधि को बनाने में किया जाता है।

मान्यता है की देव-दानव के बीच हुए अमृत युद्ध में अमृत की कुछ बूँदे धरती पर बिखर गईं उन्हीं बूँदों से धरती पर जिस पौधे की उत्पत्ति हुई, वह लहसुन का पौधा था। इसलिए कहा जाता है कि लहसुन एक अमृत रसायन है।

माना जाता है कि इसका प्रयोग करने वाले मनुष्य के दांत, मांस व नाखून बाल, व रंग कनज़ोर नहीं होते हैं। यह पेट के कीड़े मारता है व खांसी दूर करता है। लहसुन कब्ज को मिटाने वाला व आंखों के रोग दूर करने वाला माना गया है। अगर आप थुलथुले मोटापे से परेशान हैं तो अपनाएं ये लहसुन के अचूक प्रयोग।

लहसुन के गुणों का वर्णन आयुर्वेद में हजारों बार मिलता है, लेकिन इसको खाना किस प्रकार है यह शायद बहुत ही कम लोग जानते हैं।



अब हम जानेंगे कि लहसुन को सही तरीके से खाने का तरीका क्या है और इससे हमें कौन से फायदे मिलेंगे। लहसुन ब्लड प्रेशर को सामान्य करता है और कोलेस्ट्रॉल बढ़ने से भी रोकता है। इसके अलावा भी लहसुन खाने के बहुत से लाभ हैं।

लहसुन खाने का सही तरीका



★ यह सबसे महत्वपूर्ण चरण है क्योंकि इसी दौरान लहसुन में मौजूद लाभकारी तत्व सक्रिय होते हैं।

सेवन की मात्रा

प्रतिदिन लगभग

4-5 ग्राम

लहसुन पर्याप्त माना जाता है।

✓ सामान्य स्वास्थ्य के लिए पर्याप्त

⚠ अत्यधिक मात्रा में सेवन कुछ लोगों में पेट संबंधी असुविधा पैदा कर सकता है।

लहसुन के 15 प्रमुख लाभ

- 1 रोग प्रतिरोधक क्षमता बढ़ाए
- 2 पाचन क्रिया को बेहतर बनाए
- 3 गैस, कब्ज और अपच में सहायक
- 4 शरीर की ऊर्जा और स्फूर्ति बढ़ाए
- 5 खांसी और सर्दी-जुकाम में लाभकारी
- 6 हृदय स्वास्थ्य का समर्थन
- 7 कोलेस्ट्रॉल को नियंत्रित रखने में मदद
- 8 रक्तचाप (ब्लड प्रेशर) संतुलित रखने में सहायक
- 9 वजन प्रबंधन (मोटापा घटाने) में मददगार
- 10 शरीर की सूजन कम करने में सहायक
- 11 एंटीऑक्सीडेंट गुणों से भरपूर
- 12 त्वचा को स्वस्थ और चमकदार बनाए
- 13 बालों के स्वास्थ्य में सहयोगी
- 14 संक्रमण और बैक्टीरिया से बचाव में सहायक
- 15 संपूर्ण स्वास्थ्य और दीर्घायु के लिए लाभकारी



मोटापा प्रबंधन में उपयोग

यदि आप बढ़ते वजन से परेशान हैं, तो संतुलित आहार, निवमित योगाभ्यास और स्वस्थ जीवनशैली के साथ लहसुन का उचित सेवन सहायक हो सकता है।



NIH
Wellness Note

प्राकृतिक उपचार जीवनशैली का हिस्सा हैं, लेकिन किसी भी गंभीर रोग, दवा सेवन, गर्भावस्था या विशेष स्वास्थ्य स्थिति में विशेषज्ञ चिकित्सक की सलाह अवश्य लें।



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लहसुन के पारंपरिक घरेलू उपयोग एवं सावधानियाँ



आयुर्वेदिक परंपरा में लहसुन का महत्व

⚠️ किन लोगों को सावधानी बरतनी चाहिए ?



रक्त पतला करने वाली दवाएँ लेने वाले व्यक्ति लहसुन का नियमित या अधिक मात्रा में सेवन करने से पहले चिकित्सकीय सलाह लें।



जिन्हें कच्चे लहसुन से बदहजमी होती है कच्चे लहसुन की बजाय पका हुआ लहसुन उपयोग करें।



पेट में जलन या संवेदनशील पाचन वाले लोग सीमित मात्रा में सेवन करें।



सर्जरी से पहले चिकित्सक के निर्देशानुसार सेवन कम या बंद करना पड़ सकता है।

लहसुन खाने के 15 अद्भुत फ़ायदे

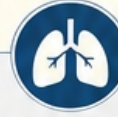
- लहसुन की 5 कलियों को थोड़ा पानी डालकर पीस लें और उसमें 10 ग्राम शहद मिलाकर सुबह-शाम सेवन करें। इस उपाय को करने से सफेद बाल काले हो जाएंगे।
- लहसुन के नियमित सेवन से पेट और भोजन की नली का कैंसर और स्तन कैंसर की संभावना कम हो जाती है।
- बालों का उड़ना : लहसुन का रस बालों में लगायें और सुखने दें। इस तरह 3 बार रोज लहसुन का रस लगातार 60 दिनों तक लगायें। इससे सिर में बाल उग जाते हैं।
- सिर की जुं : लहसुन को पीसकर नींबू के रस में मिलायें। रात को सोने से पहले सिर पर लगायें और सुबह धो लें। यह किया 5 दिन तक करें। ध्यान रहे कि यह आंखों पर न लगे। इससे सिर की जुएं मर जाती हैं।
- दांत दर्द : दांतों में कीड़े लगने या दर्द होने पर लहसुन के रस को लगाने से दर्द दूर होता है। लहसुन की कली दांत के नीचे रखकर उसका रस चूसने से दर्द जल्दी दूर होता है।
- लहसुन को पीसकर सरसों के तेल में मिलाकर आग पर गर्म करें। लहसुन जल जाने पर तेल को ठंडा करके छान लें। इस तेल में थोड़ा-सा सेंधा लवंग मिलाकर रोजाना मंजन करें। इससे दांतों के सभी प्रकार के रोग ठीक हो जाते हैं।
- लहसुन को आग पर सेंककर दांतों के नीचे दबाकर रखें। इससे दांतों को दर्द ठीक हो जाता है।
- कफ : लहसुन को खाने से श्वास नलियों में इकट्ठा कफ आराम से बाहर निकल जाता है। यह टी.बी. के रोगियों के लिए बहुत लाभकारी है।
- दिल का दौरा : 4-5 लहसुन की कलियों को दौरे के समय ही चबाकर खाना चाहिए। ऐसा करने से दिल का दौरा पड़ने का खतरा नहीं रहता है। इसके बाद लहसुन को दूध में उबालकर देते रहना चाहिए। दिल के रोग में लहसुन देने से पेट की वायु निकल जाती है। इससे दिल का दबाव हल्का हो जाता है और दिल को ताकत मिलती है।
- वृद्धावस्था की झुर्रियाँ : जो व्यक्ति रोज लहसुन चबाता है। इसके चेहरे पर झुर्रियाँ नहीं आती हैं।

पारंपरिक रूप से बताए जाने वाले उपयोग



दांतों की देखभाल

परंपरागत घरेलू उपचारों में लहसुन का उपयोग दांत दर्द और मसूड़ों की समस्याओं के लिए किया जाता रहा है।



कफ एवं श्वसन स्वास्थ्य

लहसुन को पारंपरिक रूप से कफ निकालने और श्वसन स्वास्थ्य के समर्थन हेतु उपयोग किया जाता है।



हृदय स्वास्थ्य

कुछ अध्ययनों में लहसुन को कोलेस्ट्रॉल और रक्तचाप प्रबंधन में सहायक पाया गया है।



वृद्धावस्था में स्वास्थ्य संरक्षण

एंटीऑक्सीडेंट गुणों के कारण इसे स्वस्थ वृद्धावस्था के लिए लाभकारी माना जाता है।



बालों की देखभाल

घरेलू नुस्खों में लहसुन का उपयोग बालों और स्कैल्प की देखभाल के लिए किया जाता है।



रोग प्रतिरोधक क्षमता

लहसुन को प्रतिरक्षा प्रणाली के समर्थन हेतु उपयोग किया जाता रहा है।

- प्लूरिसी : अगर फेफड़े के पर्दे में पानी भर गया हो, बुखार हो, सांस रुक-रुक कर आती है और छाती में दर्द हो तो लहसुन पीसकर, गेहूँ के आटे में मिलाकर गर्म-गर्म पट्टी बांधने से लाभ होता है।
- लहसुन के सेवन से शरीर का मेटाबॉलिज्म बेहतर होता है और थकान कम होती है।
- लहसुन रक्त शुद्धि में सहायक है और त्वचा की चमक बढ़ाने में प्रयोग किया जाता है।
- लहसुन के सेवन से हार्मोन संतुलन में मदद मिलती है और मासिक धर्म संबंधी परेशानियों में राहत मिलती है।
- लहसुन शरीर से विषैले तत्वों को बाहर निकालने में सहायक है और समग्र स्वास्थ्य बनाए रखने में मदद करता है।



पारंपरिक घरेलू नुस्खों के बारे में

आयुर्वेद एवं लोक परंपराओं में लहसुन का उपयोग विभिन्न घरेलू नुस्खों में किया जाता रहा है। हालांकि इनके परिणाम व्यक्ति विशेष, जीवनशैली और स्वास्थ्य स्थिति के अनुसार भिन्न हो सकते हैं।

NIH WELLNESS ADVISORY

महत्वपूर्ण सूचना



यह जानकारी शैक्षणिक एवं जागरूकता उद्देश्य से प्रस्तुत की गई है। किसी भी गंभीर रोग, कैंसर, हृदय रोग, दवा सेवन, गर्भावस्था या अन्य चिकित्सकीय स्थिति में योग्य चिकित्सक की सलाह अवश्य लें।



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लहसुन का रस

स्वास्थ्य के लिए वरदान



टी.बी. व श्वसन स्वास्थ्य में सहायक



लहसुन का रस 3.5 से 7 मिलीलीटर सुबह-शाम सेवन करने से उपवृक्क (गुर्दे) की टी.बी. या किसी भी प्रकार की टी.बी में लाभ मिलता है।



250 मिलीलीटर दूध में लहसुन की 10 कली उबालकर खाएं तथा ऊपर से उसी दूध को पीयें। यह प्रयोग लंबे समय तक करते रहने से टी.बी ठीक होती है।



लहसुन की 1-2 कली सुबह-शाम खाकर ऊपर से ताजा पानी पीना चाहिए। लहसुन यक्ष्मा (टी.बी.) को दूर करने में बहुत सहायक होता है।



फेफड़ों की टीबी में लाभ

- लहसुन के प्रयोग से कफ गिरना कम होता है।
- यह रात को निकलने वाले पसीने को रोकता है, भूख बढ़ाता है और नींद अच्छी लाता है।
- फेफड़ों में क्षय (टी.बी) होने पर लहसुन के रस में रुई तर करके सूँचना चाहिए ताकि श्वास के साथ मिलाकर इनकी गन्ध फेफड़ों तक पहुंच जाए।
- इसे बहुत देर तक सूँचते रहने से लाभ होता है।
- खाना खाने के बाद भी लहसुन का सेवन करना चाहिए।
- यक्ष्मा, ग्रिन्थक्षय और हड्डि के क्षय में लहसुन खाना बहुत ही फयदेमंद है।



लहसुन एक प्राकृतिक औषधि है जो शरीर की रोग प्रतिरोधक क्षमता बढ़ाने और कई रोगों से रक्षा करने में सहायक माना जाता है।

प्रकृति का
अमृत रसायन

नोट :

किसी भी गंभीर रोग, गर्भावस्था, दवा सेवन या विशेष स्वास्थ्य स्थिति में विशेषज्ञ चिकित्सक की सलाह अवश्य लें।



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WHAT TO EAT BEFORE PRACTICING YOGA

Fuel Your Body for a Better Practice

Yoga is most effective when practiced with a light and comfortable stomach. Eating the right foods before yoga helps maintain energy levels, improves focus, and prevents discomfort during practice. The goal is to nourish the body without feeling heavy or sluggish.

EAT LIGHT
MOVE BETTER
PRACTICE
STRONGER

WHY PRE-YOGA NUTRITION MATTERS



Energy
& Stamina



Mental Focus
& Concentration



Flexibility
& Comfort



Digestion
& Metabolism



Overall Performance
& Well-Being

A balanced pre-yoga meal provides sustained energy while allowing the body to move freely and comfortably.

BEST FOODS TO EAT BEFORE YOGA

1

BANANAS



- ✓ Quick Energy
- ✓ Rich in Potassium
- ✓ Supports Muscle Function

2

FRESH FRUITS



- ✓ Hydrating
- ✓ Easy to Digest
- ✓ Rich in Vitamins

3

NUTS & SEEDS



- ✓ Healthy Fats
- ✓ Protein Source
- ✓ Sustained Energy

4

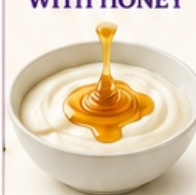
OATMEAL



- ✓ Complex Carbohydrates
- ✓ Slow Energy Release
- ✓ Keeps You Full Longer

5

YOGURT
WITH HONEY



- ✓ Protein
- ✓ Probiotics
- ✓ Gentle Energy Support

6

SMOOTHIES



- ✓ Easy to Digest
- ✓ Nutrient Rich
- ✓ Excellent Pre-Yoga Snack

7

COCONUT
WATER



- ✓ Electrolytes
- ✓ Hydration Support
- ✓ Supports Muscle Function

QUICK PRE-YOGA PLATE



Banana

+



Almonds

+



Oats

+



Fresh Fruits

+



Coconut Water

SIMPLE
+ LIGHT +
NOURISHING



NIH WELLNESS TIP

Listen to your body. The ideal pre-yoga meal should leave you feeling energized, light, and comfortable. Choose wholesome natural foods and allow enough time for digestion before beginning your practice.



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TIMING MATTERS

Eat Right • Practice Better • Feel Lighter



2-3 HOURS BEFORE YOGA

Choose a balanced meal containing:

- ✓ Whole grains
- ✓ Fresh vegetables
- ✓ Fruits
- ✓ Lean protein

Examples:



Vegetable khichdi



Oats with fruits



Whole wheat toast with peanut butter



Rice with vegetables



30-60 MINUTES BEFORE YOGA

Opt for lighter snacks such as:

- 🍌 Banana
- 🍏 Apple
- 🌰 Dates
- 🌰 Handful of nuts
- 🥤 Fresh fruit smoothie



FOODS TO AVOID BEFORE YOGA



Heavy fried foods



Fast food



Excessively spicy meals



Sugary desserts



Carbonated beverages



Large meals immediately before practice



These foods may cause bloating, sluggishness, or digestive discomfort during yoga.



HYDRATION TIPS

- 💧 Drink water throughout the day.
- 💧 Have a glass of water 20-30 minutes before practice.
- 💧 Avoid drinking excessive amounts immediately before yoga.
- 💧 Coconut water or herbal infusions can support hydration naturally.



MORNING YOGA PRACTICE

If you practice yoga early in the morning, consider:



Warm water with lemon



2-3 soaked almonds



A banana



A few dates



Coconut water



Many practitioners also prefer practicing gentle yoga on an empty stomach, depending on individual comfort and health needs.



Eat mindful, stay hydrated, and choose foods that fuel your body gently. The right nutrition before yoga enhances energy, focus, flexibility, and overall well-being.



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मन की बात, मई 2026 से



अंतर्राष्ट्रीय

योग दिवस 2026

पर प्रधानमंत्री श्री नरेन्द्र मोदी का संदेश



“

योग को
अपने दैनिक जीवन
का हिस्सा बनाइए।- श्री नरेन्द्र मोदी
प्रधानमंत्री, भारत सरकार

मई 2026 के मन की बात कार्यक्रम में माननीय प्रधानमंत्री श्री नरेन्द्र मोदी ने अंतर्राष्ट्रीय योग दिवस के महत्व पर प्रकाश डालते हुए देशवासियों से योग को केवल एक दिवस के उत्सव तक सीमित न रखने, बल्कि उसे अपने दैनिक जीवन का अभिन्न हिस्सा बनाने का आह्वान किया।

प्रधानमंत्री का संदेश – योग से बेहतर जीवन की ओर

योग भारत की
अमूल्य विरासत

योग भारत की प्राचीन सांस्कृतिक धरोहर है, जिसने विश्व को स्वास्थ्य, संतुलन और आंतरिक शांति का मार्ग दिखाया है।

सभी को योग से
जुड़ने का आह्वान

उन्होंने सभी आयु वर्ग के लोगों से 21 जून को अंतर्राष्ट्रीय योग दिवस में सक्रिय रूप से भाग लेने और दूसरों को प्रेरित करने की अपील की।

योग केवल व्यायाम
नहीं, जीवन-पद्धति है

यह शरीर, मन और आत्मा के बीच सामंजस्य स्थापित करने वाली एक संपूर्ण जीवन-पद्धति है, जो हमें समग्र स्वास्थ्य और संतुलन प्रदान करती है।

निवारक स्वास्थ्य
की कुंजी

नियमित योगाभ्यास से हम बीमारियों से बच सकते हैं, रोग-प्रतिरोधक क्षमता बढ़ती है और शरीर दीर्घकाल तक स्वस्थ और सक्रिय रहता है।

मानसिक शांति
और सकारात्मक सोच

योग तनाव को कम करता है, मन को शांत रखता है और सकारात्मक सोच को विकसित करता है, जिससे जीवन की गुणवत्ता बेहतर होती है।

वैश्विक संदेश,
मानवता के लिए योग

योग आज पूरी दुनिया को एक सूत्र में जोड़ रहा है। यह स्वस्थ, संतुलित और सुखी विश्व के निर्माण की दिशा में एक महत्वपूर्ण कदम है।

अंतर्राष्ट्रीय योग दिवस 2026 की थीम

“Yoga for
Healthy Ageing”(स्वस्थ एवं सक्रिय
वृद्धावस्था के लिए योग)

“

आइए, हम सब मिलकर योग को जीवन का हिस्सा बनाएं और स्वस्थ, सक्रिय, संतुलित और आनंदमय जीवन की ओर अग्रसर हों।

”

योग से मिलने वाले लाभ

- ✓ शरीर को लचीला और मजबूत बनाता है
- ✓ मानसिक तनाव और चिंता को कम करता है
- ✓ रोग-प्रतिरोधक क्षमता बढ़ाता है
- ✓ हृदय स्वास्थ्य को बेहतर बनाता है
- ✓ बेहतर नींद और ऊर्जा प्रदान करता है

योग को जीवन में कैसे अपनाएं?

- ✓ रोजाना कम से कम 30 मिनट योग करें
- ✓ प्राणायाम को अपनी दिनचर्या में शामिल करें
- ✓ संतुलित आहार और पर्याप्त नींद लें
- ✓ डिजिटल डिटॉक्स और प्रकृति से जुड़ें
- ✓ योग को परिवार और बच्चों के साथ करें

योग के प्रमुख सिद्धांत

- ✓ नियमितता (Regularity)
- ✓ संतुलन (Balance)
- ✓ संयम (Discipline)
- ✓ सकारात्मकता (Positivity)
- ✓ समर्पण (Dedication)

योग दिवस पर हमारा संकल्प

- मैं योग को अपने जीवन का अभिन्न हिस्सा बनाऊंगा।
- मैं अपने परिवार और मित्रों को योग के लिए प्रेरित करूंगा।
- मैं स्वस्थ और सशक्त भारत के निर्माण में योगदान दूंगा।
- मैं योग के माध्यम से शारीरिक, मानसिक और सामाजिक कल्याण को बढ़ावा दूंगा।

योग अपनाएँ, स्वस्थ रहें, संतुलित रहें,
सशक्त भारत – खुशहाल विश्व का निर्माण करें।21 जून को अंतर्राष्ट्रीय योग दिवस
पर अवश्य जुड़ें और दूसरों को भी जोड़ें।

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CHROMOTHERAPY

(SURYA KIRAN CHIKITSA)

*Healing Through the Power
of Colors & Sunlight*



“ Every color carries a unique vibration that can influence the body, mind, and emotions. ”



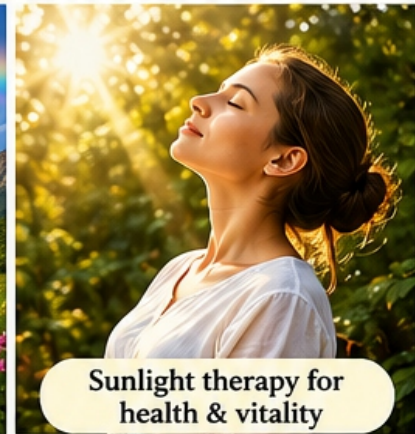
Sun rays passing through colored glass bottles



Solarized water in colored bottles



Rainbow – Nature's spectrum



Sunlight therapy for health & vitality



WHAT IS SURYA KIRAN CHIKITSA?

Surya Kiran Chikitsa (Sun Ray Therapy) is a natural healing technique based on the principle that sunlight contains seven colors (VIBGYOR), each possessing unique therapeutic properties.

In naturopathy, specific colors are used through sunlight exposure and solarized water to promote balance and well-being.



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SCIENTIFIC BASIS OF CHROMOTHERAPY

Understanding the Healing Spectrum of Sunlight

VIBGYOR SPECTRUM

VIOLET	INDIGO	BLUE	GREEN	YELLOW	ORANGE	RED
						
Cooling	Cooling	Cooling	Balancing	Stimulating	Energizing	Heating



Sunlight consists of electromagnetic waves of different wavelengths perceived as colors. Chromotherapy utilizes these colors to promote balance and well-being.



HEALING PROPERTIES OF DIFFERENT COLORS

1

RED

Vitality & Energy



- ✓ Stimulates circulation
- ✓ Increases vitality
- ✓ Helps overcome fatigue
- ✓ Produces warmth

2

ORANGE

Creativity & Digestion



- ✓ Improves appetite
- ✓ Enhances enthusiasm
- ✓ Supports digestion
- ✓ Beneficial for respiratory health

3

YELLOW

Mental Alertness



- ✓ Stimulates nervous system
- ✓ Supports liver function
- ✓ Improves digestion
- ✓ Enhances concentration

4

GREEN

Balance & Harmony



- ✓ Relieves stress
- ✓ Promotes healing
- ✓ Supports heart health
- ✓ Harmonizes body functions

5

BLUE

Cooling & Relaxation



- ✓ Reduces inflammation
- ✓ Calms the mind
- ✓ Supports restful sleep
- ✓ Helpful during stress

6

INDIGO

Intuition & Clarity



- ✓ Supports mental relaxation
- ✓ Associated with intuition
- ✓ Promotes inner awareness
- ✓ Traditionally used for sinus comfort

7

VIOLET

Peace & Spiritual Growth



- ✓ Encourages meditation
- ✓ Promotes emotional balance
- ✓ Supports relaxation
- ✓ Inspires inner peace



NOTE: Chromotherapy is a complementary wellness practice used in naturopathy. It is intended to support overall well-being and should not replace professional medical diagnosis or treatment.



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METHODS OF CHROMOTHERAPY

Practical Applications of Surya Kiran Chikitsa

Harnessing the Healing Power of Colors & Sunlight



FOUR EFFECTIVE METHODS OF CHROMOTHERAPY

1 SOLARIZED WATER THERAPY



Preparation:

- 1 Fill a colored glass bottle with clean drinking water.
- 2 Place it in direct sunlight for 4–8 hours.
- 3 Store and use as directed.

3 SUN BATH THROUGH COLORED GLASS



- ✓ Sunlight is passed through colored glass sheets onto the body.
- ✓ Commonly used in naturopathy centers.
- ✓ Natural, safe and holistic approach.

2 COLORED LIGHT EXPOSURE



- ✓ Colored filters or lamps are used.
- ✓ The affected body part is exposed to specific colored light.
- ✓ Typical duration: 15–30 minutes.

4 COLOR ENVIRONMENT THERAPY



- ✓ Use of specific colors in rooms.
- ✓ Colorful clothing.
- ✓ Therapeutic surroundings to influence mood and health.
- ✓ Promotes positivity and emotional balance.

BENEFITS OF CHROMOTHERAPY

- ✓ Non-invasive and drug-free
- ✓ Promotes relaxation and stress reduction
- ✓ Supports natural healing processes
- ✓ May improve sleep and emotional balance
- ✓ Enhances overall well-being



LIMITATIONS

While sunlight and color can affect mood, sleep cycles, and psychological well-being, many of the specific therapeutic claims of chromotherapy have **limited scientific evidence**.

Therefore, it should be considered a **complementary therapy** rather than a replacement for medical treatment.



“Where sunlight enters, health and vitality follow;
where colors harmonize, healing begins.”



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NATUROPATHY IN EMERGENCY

Natural Supportive Care During Health Crises



In today's fast-paced world, emergencies such as injuries, burns, heat stroke, fainting, panic attacks, and sudden illnesses can occur unexpectedly. During such situations, immediate and appropriate action is essential to protect life and prevent complications.

While modern emergency medicine remains the cornerstone of emergency care, naturopathy can play a valuable supportive role in promoting comfort, stabilization, and recovery.



NATURE
SUPPORTS,
WE CARE



WHAT IS NATUROPATHY?

Naturopathy is a system of healthcare based on the healing power of nature. It emphasizes prevention, healthy living, and the body's innate ability to heal itself.

In emergency situations, naturopathic measures should **never replace professional medical treatment**, but they may provide supportive care until medical help is available and assist recovery afterward.



THE ROLE OF NATUROPATHY IN EMERGENCIES



PRESERVE LIFE

Save life and ensure the safety of the individual.



PREVENT FURTHER INJURY

Prevent the condition from worsening and avoid additional harm.



OBTAIN MEDICAL ASSISTANCE

Seek professional medical help as early as possible without delay.



SUPPORT NATURAL RECOVERY

Use natural methods to support comfort, healing and overall recovery after treatment.



HYDROTHERAPY IN EMERGENCY CARE

Water has been used therapeutically for centuries. In emergency situations, hydrotherapy may provide immediate comfort and relief.



Cold water applications can help cool minor burns.



Cool compresses may support fever management and reduce discomfort.



Adequate hydration helps maintain normal body functions during heat exhaustion and dehydration.



Naturopathy and emergency medicine should work together. Emergency medicine saves lives, while naturopathy supports recovery, rehabilitation and long-term wellness through natural lifestyle.



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BREATHING & RELAXATION TECHNIQUES

Stress and anxiety often accompany emergency situations. Controlled breathing techniques can help calm the mind and support emotional stability.



BENEFITS INCLUDE:



Reduced anxiety and panic



Improved oxygen intake



Better emotional control during stressful situations



Enhanced sense of calm and reassurance

REST AND RECOVERY SUPPORT

After medical evaluation and treatment, naturopathy emphasizes:

These measures support the body's natural healing processes and overall recovery.



Adequate Rest



Proper Hydration



Nutritious Natural Foods



Emotional Reassurance

COMMON SITUATIONS WHERE SUPPORTIVE NATUROPATHY MAY HELP

MINOR BURNS



- ✓ Immediate cooling with clean running water
- ✓ May reduce discomfort
- ✓ Helps limit tissue damage
- ⚠ Serious burns require medical evaluation.

HEAT EXHAUSTION



- ✓ Move to a cool environment
- ✓ Provide fluids
- ✓ Encourage rest
- ✓ Support normal body function

STRESS & PANIC EPISODES



- ✓ Controlled breathing
- ✓ Relaxation techniques
- ✓ Calm environment
- ✓ Emotional stabilization

MILD DEHYDRATION



- ✓ Oral fluids
- ✓ Coconut water
- ✓ Adequate rest
- ✓ Recovery support



WHEN IMMEDIATE MEDICAL ATTENTION IS ESSENTIAL

Certain emergencies require urgent medical care and should never be managed solely through natural methods.



Chest Pain or Suspected Heart Attack



Stroke Symptoms



Difficulty Breathing



Severe Bleeding



Loss of Consciousness



Poisoning



Severe Burns



Major Injuries or Fractures

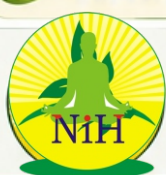


Seizures



Severe Allergic Reactions

“ Naturopathy can support comfort and recovery, but serious emergencies always require immediate professional medical care. ”



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MENTAL HEALTH & EMOTIONAL WELLNESS

Nurturing the Mind, Balancing Emotions, Transforming Lives

In an increasingly connected and fast-paced world, mental well-being has become as important as physical health. By embracing holistic lifestyle practices, individuals can cultivate emotional balance, resilience, inner peace, and long-term happiness.

“Mental wellness is not a destination—it’s a daily practice of self-care, awareness, and balance.”



DIGITAL DETOX: Reclaiming Mental Peace in a Connected World



- ✓ Reduce screen fatigue
- ✓ Improve focus and productivity
- ✓ Enhance emotional well-being
- ✓ Reconnect with real-life experiences

THE IMPACT OF SLEEP On Physical and Mental Health



- ✓ Better mood regulation
- ✓ Improved immunity
- ✓ Enhanced memory and concentration
- ✓ Reduced stress levels

BUILDING EMOTIONAL RESILIENCE Through Yoga and Meditation



- ✓ Emotional balance
- ✓ Self-awareness
- ✓ Inner strength
- ✓ Greater adaptability to challenges

MANAGING STRESS NATURALLY: Holistic Approaches That Work



- ✓ Deep breathing
- ✓ Nature therapy
- ✓ Mindfulness practices
- ✓ Healthy lifestyle habits

HAPPINESS AS A HEALTH STRATEGY



- ✓ Positive mindset
- ✓ Better mental health
- ✓ Stronger relationships
- ✓ Improved quality of life

FIVE PILLARS OF MENTAL WELLNESS



MINDFULNESS
Stay present and aware in the moment.



QUALITY SLEEP
Rest well to recharge your body and mind.



HEALTHY NUTRITION
Nourish your body with natural, balanced food.



PHYSICAL ACTIVITY
Move daily to boost mood and overall well-being.



POSITIVE RELATIONSHIPS
Connect, communicate, and build meaningful relationships.



“Mental health is not merely the absence of illness; it is the presence of resilience, purpose, happiness, and emotional well-being.”



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शिरोधारा

(SHIRODHARA THERAPY)

आयुर्वेद की अद्भुत मानसिक एवं शारीरिक विश्राम चिकित्सा

“ शिरोधारा केवल एक उपचार नहीं,
बल्कि मन, मस्तिष्क और आत्मा को
संतुलित करने की एक दिव्य
आयुर्वेदिक प्रक्रिया है।



शिरोधारा (Shirodhara) क्या है?

शिरोधारा आयुर्वेद की एक प्रसिद्ध पंचकर्म थेरेपी है, जिसमें किसी औषधीय द्रव (जैसे तैल, तक्र, दूध या काढ़ा) की लगातार और नियंत्रित धारा रोगी के माथे (विशेषकर आज्ञा चक्र/भूमध्य क्षेत्र) पर डाली जाती है। यह शरीर और मन दोनों को गहरा विश्राम प्रदान करती है।



गहरा मानसिक
विश्राम



मस्तिष्क एवं
तंत्रिका तंत्र को लाभ



तनाव, चिंता और
अनिद्रा में लाभ



शरीर-मन का
संतुलन

शिरोधारा देने की विधि

1 रोगी की तैयारी

- रोगी को आरामदायक धारा टेबल (Droni) पर पीठ के बल लिटाएं।
- आंखों को कॉटन पैड या मुलायम कपड़े से सुरक्षित करें।
- सिर, गर्दन और कंधों की हल्की तेल मालिश करें।



2 द्रव्य का चयन

रोगी की प्रकृति और रोग के अनुसार



तैलधारा (Taila Dhara)
अनिद्रा, तनाव, वात विकार



तक्रधारा (Takra Dhara)
सोरायसिस, सिर की गर्मी,
पित्त विकार



क्षीरधारा (Ksheera Dhara)
मानसिक तनाव, अनिद्रा,
पित्तजन्य समस्याएं



कषायधारा (Kwath Dhara)
विशेष रोगानुसार

3 प्रक्रिया

- द्रव का तापमान लगभग 38°C – 40°C रखें (रोगी की सहनशीलता अनुसार)।
- धारा पात्र को माथे से लगभग 4-6 इंच ऊपर रखें।
- धारा को भूमध्य (दोनों भौंहों के बीच) पर लगातार गिराएं।
- पात्र को धीरे-धीरे दाएं-बाएं घुमाएं ताकि पूरा ललाट क्षेत्र कवर हो।
- अवधि सामान्यतः 30-45 मिनट (कुछ मामलों में 60 मिनट तक)।



4 प्रक्रिया के बाद

- सिर की हल्की मालिश करें।
- रोगी को 15-20 मिनट आराम करने दें।
- तुरंत ठंडी हवा, AC, धूप या स्नान से बचाएं।
- गुनगुना पानी और हल्का भोजन दें।



शिरोधारा के प्रमुख लाभ

- तनाव, चिंता, अनिद्रा में लाभकारी
- मानसिक शांति और एकाग्रता बढ़ाता है
- तंत्रिका तंत्र को पोषण और शक्ति प्रदान करता है
- सिरदर्द, माइग्रेन में राहत
- हार्मोनल संतुलन में सहायता
- त्वचा, बाल और नींद की गुणवत्ता में सुधार



कब लाभकारी है?

- अनिद्रा और तनाव
- माइग्रेन, सिरदर्द
- चिंता, अवसाद
- मानसिक थकान



- उच्च रक्तचाप
- पित्त विकार
- हार्मोनल असंतुलन
- याददाश्त एवं एकाग्रता की कमी

सावधानियाँ



भोजन के तुरंत बाद
शिरोधारा न करें।



गंभीर बुखार, सर्दी-खांसी
या संक्रमण में न करें।



गर्भवस्था में विशेषज्ञ
की सलाह से करें।



केवल प्रशिक्षित आयुर्वेद
चिकित्सक की देखरेख में करें।



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शिरोधारा

के प्रमुख लाभ

मन, मस्तिष्क और शरीर के लिए संपूर्ण आयुर्वेदिक विश्राम चिकित्सा

“ शिरोधारा केवल तनाव दूर करने की चिकित्सा नहीं, बल्कि मानसिक, न्यूरोलॉजिकल और हार्मोनल संतुलन का प्राकृतिक माध्यम है।



मानसिक एवं न्यूरोलॉजिकल लाभ

- ✓ तनाव (Stress) कम करता है
- ✓ चिंता (Anxiety) में लाभदायक
- ✓ अवसाद (Depression) के लक्षणों में सहायक
- ✓ मानसिक शांति और विश्राम प्रदान करता है
- ✓ एकाग्रता एवं स्मरण शक्ति में सुधार



नींद संबंधी लाभ

- ✓ अनिद्रा (Insomnia) में अत्यंत लाभकारी
- ✓ नींद की गुणवत्ता बेहतर बनाता है
- ✓ मानसिक थकान दूर करता है
- ✓ मस्तिष्क को गहरी विश्रान्ति देता है



सिर एवं तंत्रिका तंत्र

- ✓ सिरदर्द एवं तनावजन्य सिरदर्द में राहत
- ✓ माइग्रेन में सहायक (उचित रोगी चयन के साथ)
- ✓ तंत्रिका तंत्र को शांत करता है



हार्मोनल एवं मनोदैहिक लाभ

- ✓ तनाव हार्मोन (Cortisol) को कम करने में सहायक
- ✓ मन और शरीर के संतुलन को बढ़ावा देता है
- ✓ भावनात्मक स्थिरता को प्रोत्साहित करता है



त्वचा एवं बाल

- ✓ सिर की त्वचा को पोषण देता है
- ✓ बालों की गुणवत्ता सुधारने में सहायक
- ✓ समयपूर्व बाल झड़ने की समस्या में सहायक उपचार
- ✓ स्कैल्प स्वास्थ्य को बेहतर बनाता है

किन रोगों में उपयोग किया जाता है?



अनिद्रा (Insomnia)



तनाव एवं चिंता विकार



माइग्रेन



तनावजन्य सिरदर्द



उच्च मानसिक दबाव (Burnout)



कुछ मनोदैहिक विकार



पित्त एवं वात असंतुलन



सोरायसिस (विशेषकर तक्रधारा)

सावधानियां (Contraindications)

- ✗ तेज बुखार
- ✗ तीव्र सर्दी-जुकाम या साइनस संक्रमण
- ✗ सिर पर खुला घाव
- ✗ अत्यधिक कमजोरी
- ✗ तीव्र मानसिक विक्षिप्तता की अवस्था
- ✗ चिकित्सकीय सलाह के बिना गर्भावस्था में

महत्वपूर्ण सूचना:

शिरोधारा केवल प्रशिक्षित आयुर्वेदिक चिकित्सक या पंचकर्म विशेषज्ञ की देखरेख में ही कराया जाना चाहिए।

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अखरोट के अनजाने लाभ

अखरोट केवल एक ड्राई फूट नहीं, बल्कि ओमेगा-3, प्रोटीन, फाइबर, एंटीऑक्सीडेंट्स और अनेक पोषक तत्वों का समृद्ध स्रोत है, जो शरीर और मस्तिष्क दोनों को स्वस्थ रखने में सहायक है।



1 पौष्टिकता से भरा अखरोट

नट्स में वसा की मात्रा मानी जाती है और इसलिए इन्हें वजन बढ़ाने वाला माना जाता है। लेकिन, हकीकत इसमें जरा अलग है। अखरोट भी ऐसा ही 'नट' है। इसमें कई पौष्टिक तत्व होते हैं। आइए जानें क्या हैं अखरोट के फायदे-

NUTRITIONAL HIGHLIGHTS



अखरोट के 5 प्रमुख स्वास्थ्य लाभ

2 वजन कम करने में सहायक



- ✓ लंबे समय तक पेट भरा रखता है
- ✓ फाइबर और प्रोटीन से भरपूर
- ✓ अनावश्यक भूख कम करता है
- ✓ वजन नियंत्रण में मदद करता है

3 बेहतर नींद के लिए



- ✓ मेलाटोनिन हार्मोन का स्रोत
- ✓ नींद की गुणवत्ता सुधारता है
- ✓ तनाव कम करने में सहायक
- ✓ बेहतर विश्राम प्रदान करता है

4 बालों के लिए फायदेमंद



- ✓ विटामिन B7 से भरपूर
- ✓ बालों को मजबूत बनाता है
- ✓ बाल झड़ना कम करने में सहायक
- ✓ बालों की वृद्धि को बढ़ावा देता है

5 दिल की बीमारियों से बचाए



- ✓ ओमेगा-3 से भरपूर
- ✓ खराब कोलेस्ट्रॉल कम करने में सहायक
- ✓ अच्छे कोलेस्ट्रॉल को बढ़ावा देता है
- ✓ हृदय स्वास्थ्य को समर्थन देता है

6 डायबिटीज से बचाये



- ✓ संतुलित पोषण प्रदान करता है
- ✓ स्वस्थ जीवनशैली का हिस्सा
- ✓ टाइप-2 डायबिटीज जोखिम कम करने में सहायक
- ✓ मेटाबोलिक स्वास्थ्य को समर्थन

केवल 28 ग्राम (एक औंस) अखरोट में:



OMEGA 3
2.5 ग्राम
ओमेगा-3
फैटी एसिड

4 ग्राम
प्रोटीन

2 ग्राम
फाइबर

अनेक
एंटीऑक्सीडेंट्स

लंबे समय
तक ऊर्जा

HEALTH TIP OF THE MONTH

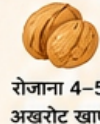
प्रतिदिन 4-5 अखरोट का सेवन संतुलित आहार एवं स्वस्थ जीवनशैली के साथ करने से हृदय, मस्तिष्क, बालों और संपूर्ण स्वास्थ्य को लाभ मिल सकता है।



क्यों है अखरोट खास?

- ✓ 100% प्राकृतिक और पौष्टिक
- ✓ शरीर, मस्तिष्क और दिल के लिए लाभकारी
- ✓ हर उम्र के लोगों के लिए उपयुक्त
- ✓ स्वादिष्ट, कुरकुरा और बहुपयोगी

कैसे करें सेवन?



रोजाना 4-5
अखरोट खाएं



सलाद, दही, स्मूदी
या आर्ट्स में मिलाएं



सुबह खाली पेट या
नास्ते के साथ लें



नियमित सेवन से
बेहतर परिणाम मिलते हैं

नोट: किसी भी बीमारी की स्थिति में आहार में परिवर्तन से पहले अपने चिकित्सक या पोषण विशेषज्ञ की सलाह अवश्य लें।



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अखरोट के अनजाने लाभ (भाग-2)



Brain & Wellness Superfood

“अखरोट केवल शरीर को ही नहीं, बल्कि मस्तिष्क, त्वचा, प्रजनन स्वास्थ्य और मानसिक संतुलन को भी मजबूत बनाने में सहायक माना जाता है।



अखरोट के 6 अतिरिक्त स्वास्थ्य लाभ

7 शुक्राणु की गुणवत्ता बढ़ाये



- ✓ शुक्राणु की जीवनशक्ति बढ़ाने में सहायक
- ✓ गतिशीलता (Motility) में सुधार
- ✓ प्रजनन स्वास्थ्य को समर्थन
- ✓ ओमेगा-3 फैटी एसिड का समृद्ध स्रोत

8 त्वचा को चमकदार बनाये



- ✓ बी-विटामिन और एंटी-ऑक्सीडेंट्स से भरपूर
- ✓ फ्री-रेडिकल्स से त्वचा की रक्षा
- ✓ उम्र के निशान और झुर्रियों के प्रभाव को कम करे
- ✓ त्वचा को स्वस्थ, कोमल और चमकदार बनाये

9 डिमेंशिया को रखे दूर



- ✓ विटामिन E और फ्लेवोनॉयड से भरपूर
- ✓ हानिकारक फ्री-रेडिकल्स को नष्ट करने में सहायक
- ✓ मस्तिष्क स्वास्थ्य को समर्थन
- ✓ सीखने की क्षमता को बढ़ाने में मददगार

10 गर्भवती महिलाओं के लिए फायदेमंद



- ✓ फैटी एसिड (PUFA) से भरपूर
- ✓ शिशु के मस्तिष्क और शारीरिक विकास में सहायक
- ✓ फूड एलर्जी का खतरा कम करने में मदद
- ✓ प्रतिरोधक क्षमता को मजबूत बनाता है

11 स्तन कैंसर का खतरा घटाये



- ✓ एंटी-ऑक्सीडेंट्स का अच्छा स्रोत
- ✓ स्तन कैंसर के जोखिम को कम करने में सहायक
- ✓ स्वस्थ कोशिकाओं की रक्षा में मददगार
- ✓ महिलाओं के समग्र स्वास्थ्य को समर्थन

12 तनाव दूर भगाये



- ✓ तनाव के लिए जिम्मेदार रक्तचाप को कम करने में सहायक
- ✓ फाइबर, एंटी-ऑक्सीडेंट्स और असंतुप्त फैटी एसिड से भरपूर
- ✓ अल्फा लिनोलेनिक एसिड और ओमेगा-3 फैटी एसिड का अच्छा स्रोत
- ✓ प्राकृतिक उपचार के माध्यम से शरीर को निरोगी बनाये

अखरोट क्यों है सुपरफूड?



मस्तिष्क को स्वस्थ रखे



हृदय स्वास्थ्य को समर्थन



त्वचा को चमकदार बनाये



बेहतर नींद दिलाये



वजन प्रबंधन में सहायक



तनाव को कम करने में सहायक



गर्भावस्था में पोषण प्रदान करे



रोग प्रतिरोधक क्षमता बढ़ाये



स्वास्थ्य टिप

प्रतिदिन 4-5 अखरोट संतुलित मात्रा में सेवन करने से शरीर को आवश्यक पोषक तत्व, स्वस्थ वसा और एंटीऑक्सीडेंट प्राप्त हो सकते हैं, जो संपूर्ण स्वास्थ्य को समर्थन देते हैं।



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AROMATHERAPY

Healing Through the Power of Essential Oils

Natural
Healing
Through
Fragrance

“The gentle aroma of nature has the power to calm the mind, uplift the spirit, and support holistic healing.”

INTRODUCTION

Aromatherapy is a holistic healing practice that uses natural plant extracts, known as **essential oils**, to promote physical, emotional, and psychological well-being. For centuries, aromatic plants and oils have been used in various cultures for relaxation, healing, spiritual practices, and enhancing quality of life.

Today, aromatherapy is widely recognized as a **complementary therapy** that supports overall wellness and stress management.

HISTORICAL PERSPECTIVE

01



ANCIENT EGYPT

- Aromatic oils in cosmetics
- Religious rituals
- Medicinal preparations

02



GREECE & ROME

- Healing baths
- Fragrant plant therapies
- Wellness traditions

03



INDIA

- Traditional healing systems
- Herbal fragrances
- Mind-body balance

04



MODERN AROMATHERAPY

French chemist **René-Maurice Gattefossé** coined the term "Aromatherapy" after studying the healing properties of lavender oil.

AYURVEDIC PERSPECTIVE

In Ayurveda, fragrance and medicinal plants have long been used to balance the mind, body, and spirit.

Essential oils derived from herbs, flowers, roots, and spices are believed to influence the **three doshas**:

VATA

Balance & Grounding

PITTA

Cooling & Relaxation

KAPHA

Stimulation & Vitality

WHY PEOPLE USE AROMATHERAPY?



Stress Reduction

Calms the mind & body



Relaxation

Promotes deep relaxation



Emotional Balance

Uplifts mood & reduces anxiety



Better Sleep

Improves sleep quality



Mental Clarity

Enhances focus & concentration



Enhanced Well-being

Supports natural healing & vitality

“Aromatherapy is not just about beautiful smells, it is about creating balance, harmony and healing naturally.”

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AROMATHERAPY

Healing Through the Power of Essential Oils

“ The gentle aroma of nature has the power to calm the mind, uplift the spirit, and support holistic healing. ”

BENEFITS ACCORDING TO AYURVEDA

- ✓ Promotes mental calmness and emotional balance
- ✓ Supports relaxation and quality sleep
- ✓ Helps reduce stress and anxiety
- ✓ Enhances concentration and focus
- ✓ Supports respiratory wellness
- ✓ Balances body energies

Common Ayurvedic aromatic oils include sandalwood, rose, jasmine, tulsi, eucalyptus, and lavender.



Sandalwood



Rose



Jasmine



Tulsi



Eucalyptus



Lavender



Natural
Healing
Through
Fragrance

BENEFITS OF AROMATHERAPY

1 STRESS REDUCTION



Essential oils such as **lavender** and chamomile may help promote **relaxation** and reduce stress.



2 IMPROVED SLEEP QUALITY



Aromatherapy is commonly used to create a **calming environment** that supports restful sleep.



3 ENHANCED MOOD



Certain scents may positively influence emotions and promote feelings of **well-being**.



4 RELIEF FROM HEADACHES



Peppermint and lavender oils are often used as supportive measures for tension headaches.



5 RESPIRATORY SUPPORT



Eucalyptus and peppermint oils may help create a sensation of **easier breathing**.



6 IMPROVED FOCUS AND CONCENTRATION



Citrus and rosemary oils are often used to enhance mental alertness.



How Aromatherapy Works

Essential oils interact with the limbic system in the brain, which is responsible for emotions and memories. The molecules in the aroma enter through the nose and trigger **positive responses in the mind and body**.

WAYS TO USE AROMATHERAPY



Diffusers



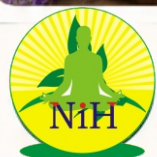
Steam Inhalation

Topical Application
(With Carrier Oil)

Massage Blends



Aromatic Bath



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AROMATHERAPY

Indications, Safety & Practical Applications

Harnessing Nature's Fragrance for Holistic Well-being

“Aromatherapy works best when used mindfully, safely, and as a complement to a healthy lifestyle.”



✓ INDICATIONS

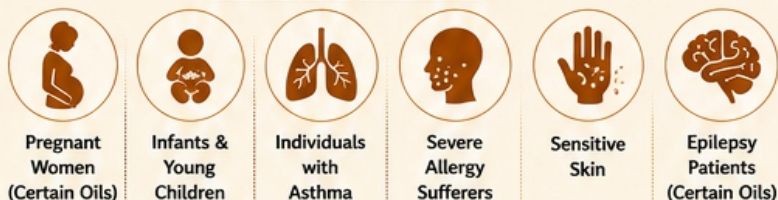
When Aromatherapy May Be Beneficial



Aromatherapy may help support emotional balance, relaxation, stress management, and overall wellness when used appropriately.

⚠ CONTRAINDICATIONS

Use With Caution



Essential oils are highly concentrated plant extracts and should always be used according to professional guidance and safety recommendations.

⚠ POSSIBLE SIDE EFFECTS



Essential oils should always be diluted before topical application.

HOW TO USE AROMATHERAPY

DIFFUSION



Using an essential oil diffuser to disperse fragrance into the air.

MASSAGE



Diluting essential oils with carrier oils and applying them during massage.

AROMATIC BATH



Adding diluted essential oils to bathwater.

STEAM INHALATION



Inhaling aromatic steam for relaxation and respiratory comfort.

ROOM SPRAYS



Using natural sprays to create a pleasant environment.

CONCLUSION

Aromatherapy combines the therapeutic properties of plants with the powerful influence of scent on human well-being. Whether used for relaxation, stress management, improved sleep, or emotional balance, aromatherapy offers a natural and holistic approach to supporting health.

While it should not replace medical treatment, it can serve as a valuable complementary practice within modern wellness routines.

AUTHOR:
Dr. Asma Khan

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MELON SEEDS & KIDNEY HEALTH

An Ancient Remedy with Modern Relevance

“Nature often hides powerful healing properties in the simplest foods. Melon seeds are one such nutritional treasure.”

INTRODUCTION

Melon seeds, often discarded while consuming fruits such as muskmelon and watermelon, are nutritional powerhouses packed with proteins, healthy fats, minerals, and antioxidants.

Traditional healing systems have long recognized their therapeutic value, particularly for urinary and kidney health. Today, they are gaining renewed attention as a natural dietary support for hydration, kidney function, and overall wellness.

AYURVEDIC PERSPECTIVE

Ayurveda emphasizes the use of natural foods and remedies to maintain health and prevent disease.

Melon Seeds (Kharbuja Beej) are valued for their:



They are particularly beneficial for individuals experiencing:



AYURVEDIC PROPERTIES OF MELON SEEDS

RASA
(Taste)

Madhura
(Sweet)



GUNA
(Qualities)

Guru
(Nourishing)
Snigdha
(Unctuous)



VIRYA
(Potency)

Sheeta
(Cooling)



VIPAKA
(Post-digestive Effect)

Madhura
(Sweet)



These characteristics make melon seeds particularly useful during hot weather and in individuals prone to heat-related imbalances.

In Ayurveda, seasonal nutrition is considered essential for maintaining balance. Melon seeds provide cooling nourishment that supports urinary wellness and hydration during periods of increased heat exposure.

Cooling
• Nourishing •
Hydrating

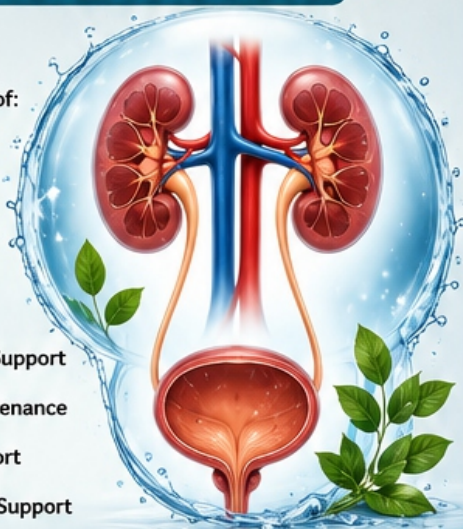
MUTRAVAHA SROTAS SUPPORT

According to Ayurveda, melon seeds support the proper functioning of:

MUTRAVAHA SROTAS

(Urinary Channels)

- ✓ Smooth Urine Flow
- ✓ Waste Elimination Support
- ✓ Fluid Balance Maintenance
- ✓ Urinary Tract Comfort
- ✓ Summer Hydration Support

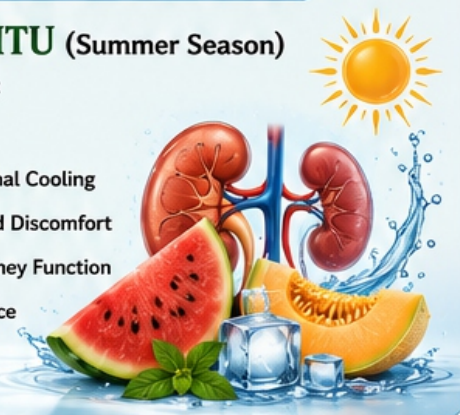


ROLE IN SEASONAL HEALTH

GRISHMA RITU (Summer Season)

During hot weather:

- ✓ Supports Hydration
- ✓ Helps Maintain Internal Cooling
- ✓ Reduces Heat-Related Discomfort
- ✓ Supports Healthy Kidney Function
- ✓ Promotes Fluid Balance



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MELON SEEDS & KIDNEY HEALTH

An Ancient Remedy with Modern Relevance

“ Small seeds. Powerful benefits. Melon seeds are a natural gift that supports kidney health, hydration and overall vitality. ”



BENEFITS OF MELON SEEDS FOR KIDNEY HEALTH

- 
NATURAL DIURETIC EFFECT
 Melon seeds may help increase urine output, assisting the body in eliminating waste products and excess fluids.
- 
RICH SOURCE OF ANTIOXIDANTS
 Their antioxidant content helps combat oxidative stress, which can contribute to cellular damage within the kidneys.
- 
SUPPORTS HYDRATION & ELECTROLYTE BALANCE
 Melon seeds contain minerals such as magnesium and potassium that play important roles in fluid and electrolyte regulation.
- 
MAY PROMOTE URINARY TRACT HEALTH
 Traditional medicine systems have used melon seeds to support healthy urinary function and comfort.
- 
NUTRIENT-DENSE FOOD
 The seeds provide protein, healthy fats, fiber, and micronutrients that contribute to overall health and wellness.

HOW TO INCLUDE MELON SEEDS IN YOUR DIET



Soaked
Soak overnight and eat in the morning.



Smoothies
Add to fruit smoothies or protein shakes.



Salads
Sprinkle on salads for extra nutrition.



Delicious and Healthy
Roasted seeds as a healthy snack.

NUTRITIONAL PROFILE (Approx. per 100 g)

 Protein 28 g		 Magnesium 158 mg
 Healthy Fats 32 g		 Potassium 809 mg
 Dietary Fiber 4.5 g		 Antioxidants High

**Values may vary slightly based on variety and source*

INDICATIONS & CONTRAINDICATIONS

INDICATIONS

Melon seeds may be beneficial for:

- ✓ Individuals seeking dietary support for kidney health
- ✓ People looking to improve hydration status
- ✓ Mild urinary discomfort (as a supportive measure)
- ✓ General nutritional supplementation
- ✓ Individuals interested in antioxidant-rich foods

CONTRAINDICATIONS

Melon seeds should be consumed cautiously in:

- ✗ Individuals with known seed allergies
- ✗ Patients with advanced kidney disease requiring potassium restriction
- ✗ Those advised by healthcare professionals to follow specialized renal diets
- ✗ Individuals experiencing digestive sensitivity to high-fiber foods

WHY MELON SEEDS ARE SPECIAL



Cooling Nature



Hydrating



Nourishing



Protective



Natural Wellness

“ Melon seeds are a simple, natural and time-tested remedy to support kidney health, hydration and overall well-being. Include them in your diet mindfully and experience the benefits of nature's nourishment. ”

AUTHOR:
Dr. Asma Khan

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MELON SEEDS & KIDNEY HEALTH

Practical Uses, Safety & Daily Wellness



“ Nature often provides powerful nutrition in unexpected places. Melon seeds are a simple way to support hydration, nourishment, and overall wellness. ”

 **POSSIBLE SIDE EFFECTS**

Melon seeds are generally safe when consumed in moderation. However, excessive intake may lead to:

-  Bloating
-  Gas Formation
-  Mild Digestive Discomfort
-  Allergic Reactions in Sensitive Individuals
-  Excess Calorie Consumption due to their Nutrient Density

 **IMPORTANT NOTE**
Individuals with Chronic Kidney Disease should consult their healthcare professional before consuming large quantities of melon seeds.

 **HOW TO CONSUME MELON SEEDS** 

1 ROASTED SEEDS

Wash, dry, and lightly roast the seeds for a nutritious snack.



 Healthy snack
 Crunchy & nutritious

2 SEED POWDER

Grind dried seeds into a fine powder and add to:



 Smoothies
 Yogurt
 Soups
 Health Drinks

3 HERBAL INFUSION

Traditionally, crushed melon seeds are soaked or boiled in water to prepare a refreshing drink.



 Refreshing
 Traditional preparation

4 SALAD TOPPING

Roasted seeds can be sprinkled over salads for added texture and nutrition.



 Adds nutrition
 Adds texture

5 TRAIL MIX

Combine melon seeds with nuts and dried fruits for a healthy snack option.



 Nuts
 Dry Fruits
 Seeds
for a healthy energy snack.

DAILY WELLNESS BENEFITS

-  Hydration Support
-  Antioxidant Protection
-  Natural Nutrition
-  Electrolyte Balance
-  Urinary Wellness
-  Overall Health Support

 **CONCLUSION** 



Melon seeds represent an excellent example of how a commonly discarded food component can offer significant nutritional and potential health benefits. Their traditional use in supporting urinary and kidney health, combined with their rich nutrient profile, makes them a valuable addition to a balanced diet.

While they should not replace medical treatment, melon seeds can serve as a simple and natural way to support overall wellness and kidney health.



 Simple natural foods, when used wisely, can contribute significantly to long-term health and well-being. 

 **AUTHOR:**
Dr. Asma Khan

21st June

INTERNATIONAL YOGA DAY 2026

*Celebrated with Great Enthusiasm
in Supaul, Bihar*

THEME: Yoga for Healthy Ageing



The 12th International Yoga Day was celebrated with great enthusiasm in Supaul, Bihar under the theme "Yoga for Healthy Ageing."

The event was organized by Dr. Sanjay Kumar Singh with the support of the National Institute of Holistic Health (NIH).

Participants from all age groups performed the Common Yoga Protocol, including yogasanas, pranayama and meditation.

Dr. Sanjay Kumar Singh highlighted that yoga is a way of life for physical fitness, mental clarity and overall well-being.

NIH supported the event as a collaborating organization, promoting yoga and preventive healthcare across the country.



“Yoga is the foundation of a healthy body, a peaceful mind, and a balanced life. Together, let us embrace yoga for a healthier future.”



EVENT HIGHLIGHTS



EVENT

12th International
Yoga Day 2026



THEME

Yoga for
Healthy Ageing



VENUE

Supaul,
Bihar



ORGANIZER

Dr. Sanjay
Kumar Singh



SUPPORTING ORGANIZATION

National Institute of
Holistic Health (NIH)



ACTIVITIES

- Common Yoga Protocol
- Pranayama
- Meditation
- Health Awareness Session



PARTICIPATION

Yoga practitioners, students,
teachers, women, youth
and senior citizens.

CONCLUSION

The celebration concluded with a collective pledge to make yoga an integral part of daily life and contribute towards building a healthier, happier and more mindful society.

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INCORPORATING YOGA IN DAILY LIFE

“ Yoga is not about touching your toes,
it is about what you learn on the way down. ”



Yoga is a four lettered small word yet an ocean. Every time we dive in this ocean, we come out with a precious stone in our hands. When we incorporate Yoga in our daily life, then only we experience its treasurer. It is such a stunning practice that texts, literature and books fell short of words.



Truly speaking, YOGA is a TORCH that ignites us and show our true self to us. It is a vast discipline which aims at integrating mind, body and spirit to achieve a state of enlightenment or self-realization. It is neither a religion nor it belongs to any religion. It is a science of right living and works wonders when incorporated in our daily life. Yoga works on all aspects of our personality viz physical, emotional, intellectual and spiritual.



Yoga offers more benefits than anyone can ask for. The primary goal is to gain balance and control in one's life, free oneself from confusion and distress and to provide a sense of inner peace. The practice of yoga asanas aims at overcoming the limitations of the body. Yoga re-aligns and rejuvenates the body inside and outside.



Due to its comprehensive and holistic nature, Yoga helps an individual to develop and strengthen positivity and enables an individual to withstand stress in a better way.



Our body is a vehicle of the spirit and we can overhaul and maintain this vehicle by doing yogasanas, pranayams and meditation etc. If we get a vehicle serviced at proper time, it gives us a better mileage, speed, smooth drive and longevity. So is the case of our body.



We are born with hidden energies in our body. By doing yogasanas we stimulate our hidden energies that increases our daily productivity.



Incorporating yoga in daily life is going to transform one's life. First, believe this fact and make it a part of daily regime to practice yoga preferably in the morning or at any comfortable time every day and the results will follow.



While on yoga mat, be in that moment and keep your eyes closed so that your energies are not scattered anywhere. Treat your mat as a sacred place and believe in its holistic nature which will give you a feeling of divine journey.



Try to alien your breathing's with your postures.



Yoga is the journey of the self, through the self, to the self.

HOLISTIC BENEFITS OF YOGA



Improves Physical Health



Enhances Mental Clarity



Emotional Balance



Increases Energy & Stamina



Better Sleep



Spiritual Growth



YOGA FOR A BETTER YOU



Be
Consistent



Be
Mindful



Breathe
Deeply



Stay
Positive

“ When you feel the connection
with your soul, you feel the power
of Yoga in your life. ”



CONCLUSION

Yoga is a beautiful way of living. When we make it a part of our daily life, it becomes a guide, a teacher and a friend. It helps us live with awareness, gratitude and grace. Start today and let Yoga illuminate your path towards a happier, healthier and more meaningful life.



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INCORPORATING YOGA IN DAILY LIFE

From Practice to Transformation



RITA HASSIJA



Daily Yoga
Daily
Transformation



“Yoga is not just an exercise;
it is a journey from the outer world
to the inner self.”

A COMPLETE YOGA SESSION

1 STRETCHING POSES



- ✓ Improves blood circulation
- ✓ Warms up muscles
- ✓ Enhances flexibility

2 YOGASANAS



- Sitting Postures
- Prone (Stomach) Postures
- Supine (Back) Postures

Benefits

- ✓ Activates muscles
- ✓ Stimulates internal organs
- ✓ Supports body systems

3 PRANAYAMA



- Deep Breathing
- Alternate Nostril Breathing
- Relaxation Breathing

Benefits

- ✓ Inner calm
- ✓ Mental peace
- ✓ Emotional balance

AWAKENING THE CHAKRAS

The Energy Centers Within

Very few people realize that the body contains subtle energy centers called Chakras.

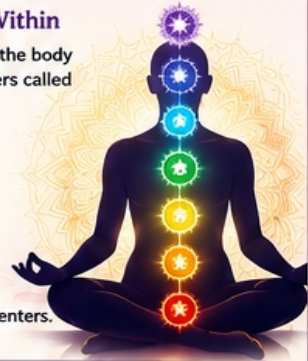
Regular practice of:

- Asanas
- Pranayama
- Meditation

helps awaken these energy centers.

Benefits

- ✓ Emotional Balance
- ✓ Improved Focus
- ✓ Enhanced Brain Function
- ✓ Positive Energy
- ✓ Greater Self-Awareness



HOW YOGA TRANSFORMS DAILY LIFE



Better Focus

Improves concentration and productivity.



Greater Confidence

Helps face challenges positively.



Emotional Stability

Reduces mental turbulence.



Better Relationships

Promotes harmony and understanding.



Inner Peace

Creates calmness and balance.



Personal Growth

Transforms challenges into opportunities.

“As yoga becomes a part of daily life, our journey shifts from the outside world to the inner self, helping us discover our true potential and inner wisdom.”



THE YOGIC LIFESTYLE



Yogic Food



Proper Sleep



Positive Attitude



Regular Yoga Practice



Together, these form the foundation of holistic health and well-being.



In a yoga session, generally, first we do some stretching poses, which improve our blood circulation, then asanas in sitting posture, lying on the stomach and ending with few postures on the back. This way our whole body comes into action, our muscles get stretched and our internal organs get activated and their secretions flow, which help our all body systems to work efficiently. After practicing asanas, comes the breathing exercises which include deep breathing, breathing through alternate nostrils and many more. These breathing techniques help us bring inner calm and peace to our chaotic mind which is always loaded with thoughts.



Very few of us know that we have secret energy points in our bodies which otherwise lay in sleep mode. These are “chakras”. When we do asanas and pranayams, these “chakras” start awakening and bring miraculous changes in us like balancing our emotions, activating brain power etc.



How Yoga works in our daily lifeAfter a few days of regular practice, we feel a total transformation in our life. Our focus on work increases and so is our productivity. The turbulence of mind subsides. We can cope with different situations with ease. Confidence becomes a part of our personality and challenges are converted into opportunities. In short, we are able to take life as it comes, One thing more - it calms us down.



We are now a changed personality. We get along with everyone comfortably irrespective of contradiction of our thoughts. Our journey turns from outside world to inside and we meet with our true self. We stir our soul to find solution to any problem and become capable of solving them ourselves.



Besides Yoga, one should have yogic food, proper sleep and positive attitude. Last but not the least, Yoga has been recognized as a great immunity booster in the pandemic situations in the past and studies show that most of the people who had been practicing yoga, are able to combat the worst situation with ease and overcome many health issues.



YOGA & IMMUNITY

Research and practical experiences have shown that regular yoga practice supports overall health, resilience, stress management, and immune function, helping individuals better cope with challenging situations and maintain well-being.



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12वें अंतर्राष्ट्रीय योग दिवस 2026 का सफल आयोजन

योग: स्वस्थ एवं संतुलित जीवन की ओर एक सशक्त कदम

01

नेशनल इंस्टिट्यूट ऑफ़ होलिस्टिक हेल्थ (National Institute of Holistic Health - NIH) द्वारा आयुष मंत्रालय, भारत सरकार के सहयोग से पूर्व दिल्ली खेल परिसर, दिलशाद गार्डन, दिल्ली में 12वें अंतर्राष्ट्रीय योग दिवस 2026 का भव्य एवं सफल आयोजन किया गया। इस वर्ष की वैश्विक थीम "Yoga for Healthy Ageing" (स्वस्थ वृद्धावस्था के लिए योग) रही, जिसका उद्देश्य सभी आयु वर्ग के लोगों को स्वस्थ, सक्रिय एवं संतुलित जीवन के लिए योग अपनाने हेतु प्रेरित करना था।

02

इस अवसर पर लगभग 430 प्रतिभागियों ने उत्साहपूर्वक सहभागिता करते हुए कॉमन योग प्रोटोकॉल (Common Yoga Protocol - CYP) के अनुसार योगाभ्यास किया। कार्यक्रम में योगासन, प्राणायाम एवं ध्यान की विभिन्न विधियों का अभ्यास कराया गया, जिससे प्रतिभागियों ने योग के शारीरिक, मानसिक एवं आध्यात्मिक लाभों का अनुभव किया।

03

कार्यक्रम का सफल संचालन एवं योग प्रोटोकॉल का प्रभावशाली निर्देशन डॉ. विनोद कश्यप (चेयरमैन, NIH) द्वारा किया गया। उनके मार्गदर्शन में उपस्थित प्रतिभागियों ने योग को केवल एक अभ्यास नहीं, बल्कि स्वस्थ जीवनशैली का आधार मानते हुए पूरे उत्साह और अनुशासन के साथ योगाभ्यास किया।

04

योग प्रशिक्षण एवं मार्गदर्शन में योगाचार्य सुनील, डॉ. नीलम चौधरी तथा पतंजलि योगपीठ की सुश्री अदिति सैनी का विशेष एवं सराहनीय सहयोग प्राप्त हुआ। उनके समर्पण और विशेषज्ञता ने कार्यक्रम को अत्यंत प्रेरणादायक एवं सफल बनाया।

05

इस अवसर पर NIH के लिए एक गौरवपूर्ण क्षण तब आया, जब आयुष मंत्रालय, भारत सरकार द्वारा संस्थान को योग एवं स्वास्थ्य जागरूकता के क्षेत्र में उत्कृष्ट योगदान हेतु प्रशस्ति पत्र प्रदान कर सम्मानित किया गया। यह सम्मान संस्थान द्वारा समाज में योग, प्राकृतिक चिकित्सा एवं समग्र स्वास्थ्य के प्रचार-प्रसार हेतु किए जा रहे निरंतर प्रयासों की राष्ट्रीय स्तर पर स्वीकृति और सराहना का प्रतीक है।



अंतर्राष्ट्रीय योग दिवस के इस आयोजन ने पुनः सिद्ध किया कि योग केवल शारीरिक व्यायाम नहीं, बल्कि एक समग्र जीवन पद्धति है जो व्यक्ति को शारीरिक स्वास्थ्य, मानसिक शांति, भावनात्मक संतुलन एवं आध्यात्मिक उन्नति की दिशा में अग्रसर करती है। वर्तमान समय में योग तनावमुक्त, स्वस्थ एवं सकारात्मक जीवन जीने का एक प्रभावी माध्यम बन चुका है।



राष्ट्रीय समग्र स्वास्थ्य संस्थान (NIH) भविष्य में भी ऐसे जन-जागरूकता कार्यक्रमों के माध्यम से योग एवं समग्र स्वास्थ्य के संदेश को समाज के प्रत्येक वर्ग तक पहुँचाने के लिए प्रतिबद्ध है।

66

योग केवल एक अभ्यास नहीं, बल्कि
स्वस्थ, संतुलित और सकारात्मक जीवन जीने की कला है 99

डॉ. विनोद कश्यप

चेयरमैन - नेशनल इंस्टिट्यूट ऑफ़
होलिस्टिक हेल्थ (NIH)



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12वें अंतर्राष्ट्रीय योग दिवस 2026 का सफल आयोजन



योग सत्र की झलकियाँ



“ योग केवल एक अभ्यास नहीं,
बल्कि स्वस्थ, संतुलित और
सकारात्मक जीवन जीने की
कला है। ”



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ON

YOGA, HOLISTIC HEALTH & YOGA CHAMPIONSHIP – VIETNAM 2026

Uniting the World Through Yoga, Wellness & Excellence



15–19
August 2026



Ho Chi Minh City,
Vietnam



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The National Institute of Holistic Health (NIH), India, is proud to organize the 5th International Conference on Yoga, Holistic Health & Yoga Championship – Vietnam 2026, bringing together yoga experts, healthcare professionals, researchers, academicians and wellness leaders from across the globe.

This international gathering aims to promote global collaboration, knowledge exchange and cultural harmony through Yoga and Holistic Health.

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- Vietnam Sightseeing Experience

CONFERENCE FOCUS AREAS

- Yoga & Mind-Body Wellness
- Holistic Health & Natural Therapies
- Lifestyle Management & Disease Prevention
- Mental Health & Stress Management
- Ayurveda, Naturopathy & Integrative Health
- Health Education & Community Wellness
- Research, Innovation & Evidence-based Practices
- Global Wellness Industry & Future Opportunities

WHAT TO EXPECT

- Inspiring Keynote Sessions
- Practical Workshops
- International Yoga Championship
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- Health & Wellness Exhibition
- Explore Vibrant Vietnam

INDIA – VIETNAM FRIENDSHIP THROUGH YOGA

Yoga has emerged as a global movement for health, harmony and peace. This conference will further strengthen the cultural and wellness relationship between India and Vietnam while creating opportunities for international cooperation in the field of Yoga and Holistic Health.



NIH GLOBAL VISION

The National Institute of Holistic Health (NIH) continues to expand its international outreach by creating platforms that integrate Yoga, Naturopathy, Holistic Health, Education and Research.

The Vietnam Conference 2026 reflects NIH's commitment to promoting global wellness and building meaningful international partnerships.



“Yoga is not merely a practice; it is a bridge connecting health, harmony, cultures and humanity.”

– Dr. Vinod Kashyap
Chairman, National Institute
of Holistic Health (NIH)

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For a Healthier, Happier & Harmonious World

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Modern Life, Stress, and the Human Brain:

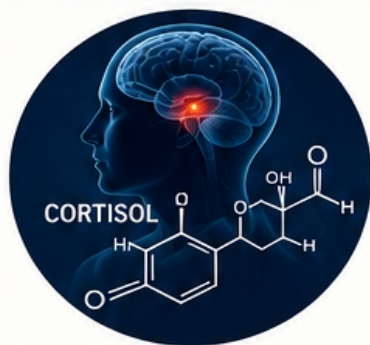
A Scientific Perspective

“

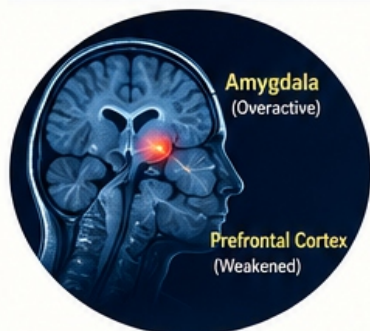
Understanding the science of stress is the first step toward healing the mind and nurturing a healthier, balanced life.



In the modern era, humanity has achieved extraordinary progress in science and technology. The internet, artificial intelligence, smartphones, and fast-paced lifestyles have made life more convenient than ever before. However, alongside these advancements, mental stress, anxiety, emotional instability, and psychological exhaustion have also increased significantly. Research in psychology, neuroscience, and medical science suggests that the human brain was never biologically designed to endure continuous stress for long periods of time.



Scientific studies show that when a person experiences prolonged stress, the body releases a hormone called **cortisol**. In small amounts, cortisol helps the body remain alert and responsive during difficult situations. However, when stress becomes chronic, excessive cortisol can negatively affect the hippocampus, the region of the brain responsible for memory, emotional regulation, and learning. Research conducted by institutions such as Harvard Medical School and the American Psychological Association has linked long-term stress with **depression, high blood pressure, cardiovascular disease, weakened immunity, and sleep disorders**.



Neuroscientific MRI studies have further revealed that individuals living under constant psychological pressure often show increased activity in the **amygdala**, the brain's emotional alarm system. The amygdala controls fear responses and emotional reactions. When it becomes overactive, people begin to perceive even ordinary situations as threats, leading to anxiety, irritability, and emotional fatigue. At the same time, chronic stress weakens the **prefrontal cortex**, the part of the brain responsible for rational thinking, decision-making, and self-control. This explains why stressed individuals often struggle with **concentration, patience, and emotional balance**.

“ **When stress controls the mind,
it weakens the brain; when awareness awakens the mind,
it heals the brain.** ”



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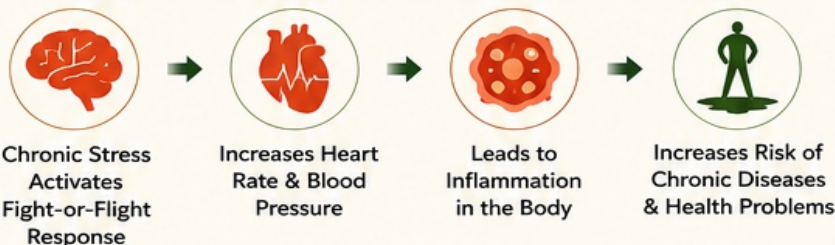
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At the biological level, stress also affects the **autonomic nervous system**. Continuous activation of the “fight-or-flight” response increases heart rate, blood pressure, and inflammation throughout the body. Medical researchers now consider **chronic inflammation** to be one of the major contributors to **diseases such as diabetes, heart disease, obesity, and even certain neurological disorders**. Therefore, mental stress is not merely an emotional issue; it is deeply connected to physical health and overall human functioning.

HOW CHRONIC STRESS AFFECTS THE BODY



On the other hand, science also provides evidence-based solutions for restoring mental balance. Studies on **meditation** and **mindfulness** have shown remarkable effects on the brain. Research published in neuroscience journals demonstrates that practicing meditation for just **15–20 minutes daily** can increase gray matter density in regions associated with attention, emotional stability, and self-awareness. Brain imaging studies also show that meditation **reduces activity in the amygdala** while **strengthening neural connections** related to calmness and cognitive control.



THE SCIENCE OF MEDITATION

-  Increases gray matter density in brain regions linked to attention, emotional stability & self-awareness
-  Reduces activity in the amygdala (emotional alarm center)
-  Strengthens neural connections related to calmness & cognitive control
-  Improves mood, focus, patience & emotional resilience

Similarly, research from Japan on “**Shinrin-yoku**” or “**forest bathing**” found that spending time in natural environments significantly **lowers cortisol levels**, **stabilizes heart rate**, and **improves mood**. Exposure to green spaces and natural sounds positively influences the **parasympathetic nervous system**, which helps the body relax and recover from stress. These findings scientifically support the long-held belief that nature has healing effects on the human mind.



BENEFITS OF FOREST BATHING

-  Lowers cortisol levels (stress hormone)
-  Stabilizes heart rate & blood pressure
-  Improves mood & mental well-being
-  Enhances relaxation & parasympathetic activity
-  Strengthens immunity & overall health



“ Science helps us understand stress,
but awareness, meditation, and nature help us overcome it. ”



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The digital age has introduced another psychological challenge: **social media dependency**. Psychologists have observed exposure to curated online lifestyles can distort self-perception and increase feelings of inadequacy. **Dopamine**, the neurotransmitter associated with pleasure and reward, becomes overstimulated through constant notifications, likes, and digital validation. Over time, this can create **addictive behavioral patterns** and emotional dissatisfaction, particularly among young people. Despite virtual connectivity, many individuals experience deeper **loneliness and emotional emptiness** than ever before.



THE DOPAMINE LOOP



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Strong relationships are the strongest predictor of a happy & healthy life.

One of the most significant long-term studies in human psychology, the **Harvard Study of Adult Development**, which followed participants for more than 80 years, concluded that **strong relationships and emotional connections** are among the greatest predictors of happiness and long-term health. The study found that individuals with supportive family bonds and meaningful social relationships lived **healthier, longer, and emotionally more stable lives** compared to those experiencing **isolation**.



Supportive Family Bonds



Meaningful Relationships



Better Health & Longevity



Emotional Stability & Happiness

Modern science increasingly confirms that true well-being does not depend solely on wealth or material success. Instead, **mental balance, emotional resilience, meaningful relationships, proper sleep, physical activity, and connection with nature** play a crucial role in human health. Neuroscience, psychology, and medical science collectively suggest that **caring for the mind** is just as important as caring for the body.

PILLARS OF TRUE WELL-BEING



Mental Balance



Emotional Resilience



Meaningful Relationships



Proper Sleep

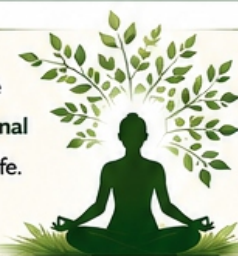


Physical Activity



Connection with Nature

In conclusion, the challenges of modern life cannot be solved by technology alone. Human beings must also understand the science of the brain, emotions, and mental health. Evidence-based research clearly demonstrates that **inner peace, emotional stability, and psychological awareness** are not philosophical luxuries but **biological necessities** for a healthy and meaningful life.



“ *A calm mind builds a strong body, meaningful relationships build a happy life, and awareness builds a better future.* ”

About the Author:



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