



Prajna Institute of Yoga & Allied Sciences (PIYAS)

Successful Completion of UTSAV-J

From July 1-7, 2016, a very successful health camp exclusively for NRIs was organized by JLT Jain Sangh, Dubai, with Prajna Institute of Yoga and Allied Sciences, Bangalore, at Soma Wellness, Deccan Resorts, Ooty.

It was well attended by participants from Dubai, Sharjah, UK and USA.

The participants included Mr. Vinod Adani, Mr. S. B. Jain, Mr. Mukesh Vora, and Mr. Rajmal Jain, prominent NRI Businessmen.

About 38 people had exposure to such a variety in the field of yoga and naturopathy, from self-exploration, to yoga and pranayama sessions, to UTSAV-J special practices sessions, to Jainism-related sessions, to naturopathy treatments, to medical sessions, and influential speakers.

Design Your Own Health

UTSAV-J (Design Your Own Health) program organized by JLT Jain Sangh, Dubai and sponsored by Surajbai Sardarmull Navyas Trust (SSNT), Chennai, a registered Public Charitable Trust, as

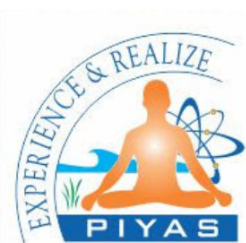


Utsav-J organizers seen above addressing participants on the first day of camp.

a part of their mission to make world a more Harmonious, Happier and Healthier place. SSNT's guiding spirit is – "We Care, Nature Cures; Holistic Living, Our Mission." The program was con-

ducted by PIYAS, led by **Dr Neetu Jain, PhD**. PIYAS has been conducting UTSAV programs for more than 20 years and have touched more than 1,00,000 lives so far.

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**Volume 1, Issue 1
July 2016**

Editorial Team

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Gallery— Utsav J



Design Your Own Health

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The members of the Team PIYAS have various backgrounds and expertise, like Dr Mahendra Balar, Medical expert; Dr Varsha Gandhi, Jainism expert, Mr Rajesh Jain, Life Coach and others, but with a common goal of making a change in people's lives in making them happier and healthier. UTSAV-J was exclusively for NRIs from all walks of life, belonging to business commu-

nity, IT industry, Management consultants, Yoga & Fitness Instructors and others. Sadhviji Shilapiji, who heads the Kutch chapter of Veerayatan also graced the program and shared her views on Holistic Health and Jainism and was especially appreciative of the wisdom and practical experience of Neetu Jain and her mission to make every individual healthier and happier with the help of Yoga & Nature Cure.



UTSAV- J organizers take participants through a period of laughter.

Effectiveness of Psycho- nutritional intervention: Case narratives on Lifestyle Health Disorders — Neetu Jain, Tissy Thomas, et al, Department of Psychology, Christ University.

Food has an immense effect on an individual's mind and body which leads to biochemical, neurological and psychological changes. The field of naturopathy in India deals with treating/curing acute and chronic bodily illnesses as well as improving one's immunity. Nutrition is considered to be an essential factor which is largely neglected by Psychology and medical sciences. The present study is intended to understand the efficacy of psycho-nutritional intervention in curing metabolic problems and facilitating

weight gain and weight loss. Three female participants of 20-22 years of age have been identified and taken informed consent to participate in the intervention study. BMI is checked and detailed case history about their eating habits, lifestyle, and medical/family history has been taken. They have initially been given education on fundamentals of holistic nutrition. Customized personal diet chart is planned in consultation with the participants to suit their requirements and the place of stay. The participants followed raw food based nutrition for 15 days consis-

tently and were monitored to check the difficulties (if any) and/or challenges faced in the process. The participants reported their experiences on a daily format in a journal. They reported happiness, calmness and commitment in following the diet given, and even reported impact of the diet on their overall well-being. The present research has implications largely in terms of incorporating nutrition as a fundamental element in modifying individual's behavior.



Rajesh Jain, MD of Deccan Resorts, Ooty, seen in above picture with Vinodji Adani.



"Eating food with your hands feeds not only the body but also the mind and the spirit."

Integrative Medicine Consultation at PIYAS – We Look Deeper Within

Integrative Medicine consultation benefits all who come to PIYAS for a holistic approach to Health and Disease management. We have observed that majority of people who approach us come with large files full of multiple investigations and prescriptions (many a times unnecessary) and still unclear/confused about their actual problem. IM consultation is an attempt to make sense of you and your problems in light of your reports and clinical findings so that a holistic evaluation and approach to your health in a customized manner is possible. Our aim is to provide you the best guidance in an economical way and minimal or

no medications.

We have been asking our patients what they want from us and holistic medicine in particular and they have been happy to tell us what is important to them. Addressing the cause of illness as well as the symptoms; being informed about many treatment options; having a balanced approach that recognizes body and mind; an approach that encompasses the uniqueness of the individual; natural, safe alternatives; focused on the whole person; positive; minimal drugs without associated side effects but having access to pharmaceuticals when needed;



Dr. Mahendra Balar, IM Consultant

being listened to in a respectful manner; looking at the big picture; friendly and professional; generating wellness with the help of the patient; offering the broadest perspective possible in a way that supports and educates.

Mother's Training Program

Mother's Training Program at PIYAS is an intensive course on Natural Therapies and Diet to train a mother in her role as a "First Doctor." When a child gets sick with cold, flu or other minor illness, she usually knows how to ease the symptoms from what little she remembers from her own experiences either from her family or her own childhood. There is also no dearth of treatment options that the mother may get from internet, but they lack reliability. Also a new mother lacks first-hand experience. Moreover, the steady stream of advice that she receives



from friends and family may eventually get her confused. Since most illnesses can be taken care of at home, a mother is often on her own when treating her child. To this end, PIYAS offers training to mothers on how to effectively care for their little ones during illness and ease the is-

sues of a new mother as well. Training is conducted in a participatory, one-to-one learning environment as she observes her child being treated by our therapists. The **seven self-paced sessions** include naturopathy treatments and nutrition education and counseling. A diet chart is provided to help customize the diet for the child's health needs. This Mother's Training Program can then be considered as a shield, which if effectively used, can protect a child from diseases and help restore normal health.

Heating Compress

Heating compress actually consists of layers of cold moist cloth that is covered with layers of dry woolen cloth. It is left in place until the body's heat warms it, usually for several minutes to hours or overnight depending on the area

treated. Used for sore throats, chest colds, joint pains and digestive problems, the heating compress creates a soothing warmth in the affected area and attracts an influx of nutrient- and oxygen-rich blood to speed healing.



Heating compress to neck.

Play Wise Play Fool

There once lived a great mathematician in a village. He was often called by the local king to advice on matters related to the economy. His reputation had spread as far as Taxila and Kanchi. So it hurt him very much when the village headman told him, "You may be a great mathematician who advises the king on economic matters but your son does not know the value of gold or silver." The mathematician asked his son, "What is more valuable - gold or silver?" "Gold," said the son. "That is correct. Why is it then that the village headman claims you do not know the value of gold or silver? He mocks me before other village elders as a father who

neglects his son. I feel everyone in the village is laughing behind my back because you do not know what is more valuable, gold or silver. Explain this to me, son." So the son of the mathematician told his father the reason why the village headman carried this impression. "Every day on my way to school, the village headman calls me to his house.

There, in front of all village elders, he holds out a silver coin in one hand and a gold coin in other. He asks me to pick up the more valuable coin. I pick the silver coin. He laughs, everyone makes fun of me. This happens every day. The father was confused. "Why don't you pick

up the gold coin?" he asked.

In response, the son took the father to his room and showed him a box. In the box were at least a hundred silver coins. Turning to his father, the mathematician's son said, "The day I pick up the gold coin the game will stop. They will stop having fun and I will stop making money."

"Medicine is the art of amusing the patient while Nature takes care of the disease."



We care, nature cures
Holistic Living our mission.

OUR SERVICES



YOGA



NATURE CURE



ACUPUNCTURE



STRESS MANAGEMENT



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