



**GIVE YOUR FAMILY AND FRIENDS THE GIFT OF LIFETIME
UTSAV - DESIGN YOUR OWN HEALTH**



Jubilant and vibrant participants and organizers of UTSAV seen with Dr. Neetu Jain, Dr. Mahendra Balar, and Mr. Doulat Jain, trustee of SS Navyas Trust.

PIYAS is grateful for the kindness and generous support given by Surajbai Sardarmull Navyas Trust (SSNT) for sponsoring UTSAV – Design Your Own Health workshops conducted regularly in Deccan Resorts, Ooty, for the past 2 years. Participants from around the world from all walks of life had a chance to participate in these workshops sponsored by SSNT. Before ending the year PIYAS conducted yet another UTSAV at Deccan Resorts which was self-sponsored or sponsored by the relatives of the participants. Some of the participants felt it was a gift of lifetime by their family or friends to them. Ms. Kaviya Sneha, fortified her journey towards wellness by participating in UTSAV after being an inpatient of PIYAS Yoga and Nature

Cure Hospital for almost a month for weight loss and wellness.

Dr. Jayaprakash, Dr. Ritesh Jain, Dr. Shanta Kumar, Dr. Reetha, and Dr. Booshna also joined the bandwagon and very enthusiastically participated in the program. All participants had great experiences to share, especially Dr. Ritesh shared his views on UTSAV saying **“there is VASTU in UTSAV.”** Vastu of our whole life is embedded in Utsav.

A total of 21 participants from Bangalore, Delhi, Kolkata, Shimoga, Chennai, Ooty and Dubai participated in the workshop from July 23 to July 25, 2018.



EDITORIAL TEAM

Dr. Mahendra Balar
Dr. Neetu Jain

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ARE YOU DEPRESSED?

Certain medical problems are linked to depression. Medical conditions like heart attack, cancer, diabetes mellitus, Parkinson's, multiple sclerosis, vitamin B12 deficiencies, and the side effects of certain medications may be the cause of 10% to 15% of the cases of depression. We know that very well that a healthy body has a healthy mind. Physical illnesses are triggers for depression. The reverse is also true. People who are depressed due to heart attack can recover slowly from the attack. People with hypothyroidism or low thyroid levels come out of depression once the condition is treated. A thorough check up would thus reveal its presence and the physical source and the appropriate



treatment. Researchers from Boston University School of Medicine published a new report showing that people with Major Depressive Disorder who participate in yoga and deep (coherent) breathing classes at least twice weekly experience a significant reduction in their depressive symptoms. The March 2017 findings appear in the *Journal of Alternative and Complementary Medicine*.

FRUITS AND COLD ?



- Cold is caused by a virus in individuals with decreased immunity.
- Fruits rich in vitamin C, like orange, protect against frequent attacks of cold.
- Some people may be allergic to certain foods which may include fruits. They should find out by allergy tests and try and avoid only those fruits.

If you need any assistance regarding allergies, contact PIYAS.

NATUROPATHY & MUD THERAPY



Photo by [DREW GILLIAM](#) [Thasplash](#)

Naturopathy is one of the important drugless disciplines of alternative system of medicine. Naturopathy does not use any kind of medicines. In Naturopathy, Food is Medicine and Nature is considered as the greatest healer. In naturopathy, diseases are treated from holistic point of view which is absent in other components of alternative medicine. Naturopathy has great health promoting, disease preventive, curative as well as preventive potential. Mud therapy is one of the important treatment modalities. The mud used in this therapy is from 3 to 4 feet depth of the

ground without any contamination. Before applying mud, it should be dried, powdered and sieved so to remove the unwanted particles and avoid contamination of chemicals, stones, debris, etc. Mud therapy is refreshing, invigorating, and vitalizing. Mud therapy provides coolness as well as absorbs toxic substances from the body. When mud pack applied over the body for 20-30 minutes it gives relief from indigestion, is effective in decreasing intestinal heat and stimulates peristalsis leading to better digestion and absorption. Mud being dark in colour absorbs all the colours of the sun and transmits to the body. A thick mud pack applied to head in congestive headache relieves the pain immediately. Application of the pack over the eyes is effective for conjunctivitis, hemorrhages in the eyeball, itching, short sight and long sight. When soaked mud is applied on the face and allowed to dry for 30 minutes, helps to improve skin complexion, removing pimples, eliminate dark circles around eyes and open skin pores. Mud bath helps to improve the skin condition by increasing circulation and energizing the skin tissues. For wounds and skin diseases, application of mud is the natural and true bandage. Mud is used successfully for diseases like constipation, headache, high blood pressure, skin diseases etc.

DID YOU KNOW?

Studies have shown that the health-related expenses for a 60-year-old with high wellbeing are actually lower than those for a 30-year-old with low wellbeing. Holistic wellbeing includes Career, Social, Financial, Physical, and Community Wellbeing.

PADMASANA (LOTUS POSE)**BENEFITS:**

- When mastered, Padmasana allows the practitioner to hold his body completely steady for long periods of time. Steadiness of the body brings steadiness of the mind.
- Padmasana directs proper flow of prana from Mooladhara Chakra (in the perineum) to Sahasrara (in the head).
- It tones coccygeal and sacral nerves by supplying them with an extra flow of blood. The normal large blood flow into the legs is redirected to the abdominal region.
- It helps to clear up many physical, nervous and emotional problems.
- It also stimulates the digestive process.

Note: Asanas must be practiced under expert guidance.

GUAVA

- The humble guava is the healthiest fruit for the human body.
- Guava has the highest amount of antioxidants compared to other fruits. Antioxidants prevent cellular damage which is one of the common reasons for many of the chronic diseases. The antioxidant activity of guava is as high as 496 mg/100 g. Fruits rich in antioxidants help scavenge free radicals that destroy tissues.
- Also, increased consumption of fruits rich in antioxidants lowers the risk of chronic diseases and Cancer too.
- It is also rich in Vitamin C, Potassium and Fiber.
- It helps to reduce Blood sugar levels, improves Heart health, useful in decreasing menstrual pain.

HOT STONE MASSAGE THERAPY**Benefits:**

- Muscles relax more rapidly than a regular massage relieving minor aches and pains.
- Improves chronic muscle tightness.
- Increases blood and lymph circulation to the area.
- Improves joint pains.
- Soothes the nervous system, reduces stress, and ease tension headaches.
- Good for insomnia.
- Helps menstrual pain.



PIYAS IN NEWS

Utsav discusses benefits of natural healing

[NT Bureau]

Chennai, Aug 19:

Prajna Institute of Yoga and Allied Sciences (PIYAS) - a holistic health and wellness centre conducted 'Utsav' led by Dr Neetu Jain and Dr Mahendra Balar at Royapettah recently.

The Bengaluru-based centre provides a whole range of allied medical practices like yoga, naturopathy, Ayurveda and spirituality.

Utsav was held to raise awareness of alternative options for healing and also educate participants on the importance of maintaining a holistic lifestyle, a press release said.

PIYAS founder Dr Neethu explained how in today's world we are dependent on drugs for curing diseases and our dependence on them creates havoc on our bodies. Benefits of naturopathy were discussed in detail.

Consultant pathologist and hematologist, Dr Mahendra, gave an insight of how he came into naturopathy and natural healing and enlighten the participants scientifically on how it helps in curing diseases without the help of pills. He gave examples as to how turmeric has been used for centuries and we have forgotten how it is actually powerful in curing many ailments like treating sore throats and wounds.

"You cannot heal in the same environment where you got sick."

యోగాతో సంపూర్ణ ఆరోగ్యం

వెన్నె | మంగళవారం | ఆగస్టు 21 | 2018 సాక్షి



హెచ్. వెల్సన్ ప్రాంతంలో పాల్గొన్న వైద్యులు, అతిథులు

కొడుక్కుపేట: యోగా, ధ్యానంతో సంపూర్ణ ఆరోగ్యం లభిస్తుందని డాక్టర్ మహేంద్ర బాలర్ పేర్కొన్నారు. ఈ మేరకు సోమవారం స్థానిక రాయపేటలోని రెజెంటా సెంటర్ దక్కన్ ఆర్ట్స్ కేంద్రంలో ప్రజ్ఞా ఇన్స్టిట్యూట్ ఆఫ్ యోగా అండ్ ఆల్టర్నెటివ్ సైన్సెస్ (పీయాస్) నేతృత్వంలో ఉత్సవ సేతుల వోల్టెజ్ హాల్లో ఆండ్ వెల్సన్ ప్రోగ్రామను నిర్వహించారు. పీయాస్కు చెందిన డాక్టర్ సీతా రేణుక, ఆధ్యాత్మికత ప్రత్యేక వైద్య సూచనలను అందించారు. శౌలిసాధి ఔట్రిలో ఏర్పాటు చేసిన ఈ కార్యక్రమంలో 62 మంది పాల్గొన్నారు. శీవన్ శైలి, కారితక, మానసిక ఆరోగ్యంపై అవగాహన పెంచారు. ఈ సందర్భంగా డాక్టర్ సీతులైన



యోగాసనాలను చేయిస్తున్న సీతులైన

మాట్లాడుతూ నేటి యాంత్రిక జీవితంలో ఆరోగ్యంపై ఎవరూ శ్రద్ధ తీసుకోవడం లేదన్నారు. దీంతో ఒత్తిడికి గురై రోగాలను కొనితెచ్చుకుంటున్నారని అన్నారు. ప్రత్యేక నిర్దేశాల లభిస్తే మందులు ఉదాహరణకు నేనుకోవరి, ఆయుర్వేదం మందులు ఉపయోగించడం మందిన న్నారు. ప్రతి రోజు గంటపాటు యోగా, ధ్యానం చేయగలిగితే సంపూర్ణ ఆరోగ్యాన్ని మానసిక ప్రశాంతతను పొందవచ్చునని తెలిపారు. హెచ్ వెల్సన్ ప్రోగ్రాంలో ఐదు సెషన్లలో పంచ భూతాలను గురించి పలువురు నిపుణులు వివరించినన్నారు. బంగళూరుకు చెందిన సేకాలజీస్టులు, హెమటాలజీస్టులు పాల్గొని పలు ఆరోగ్య సూచనలు చేయవచ్చునని తెలిపారు.

TRINITY MIRROR

SATURDAY 18-8-2018

rare ure

Utsav, specially designed health, wellness program held in city

Chennai, Aug 18:

Prajna Institute of Yoga and Allied Sciences(PIYAS) is a holistic health and wellness centre in Bangalore conducted "UTSAV" led by Dr Neetu Jain and Dr Mahendra Balar recently at Hotel Regenta Central Deccan, Royapettah.

UTSAV was conducted in Chennai for the first time to help raise awareness of alternative options for healing and also educate for around 62 people on the importance of maintaining a holistic lifestyle.

The program started with a healthy breakfast spread of Fruits and nuts at 8 AM.

Dr Neethu who is the founder of PIYAS started the



Dr Neethu

session with an introduction to PIYAS and how they are helping to transform lives going the natural way. She explained as to how in today's world we are dependent on drugs for curing diseases and our dependence on

these is wrecking havoc on our bodies. Naturopathy is the answer as it relies on natural elements only without using any drugs or medicines. Benefits of naturopathy were discussed in detail. Testimonials were played to the attendees where people spoke of how their ailments were cured using naturopathy. The session progressed with how life is connected to 5 elements of nature aka Air, Fire, Water, Earth and Ether. A balance or imbalance between them is the cause of diseases and how it forms the building block of naturopathic treatment was explained.

Like for example, the attendees were told to

rub their hands together, generating heat which constitutes the fire element. The importance of Yoga and how it can be incorporated into daily lifestyle along with simple breathing techniques and how to relax were discussed.

Dr Mahendra Balar gave an insight of how he came into naturopathy and natural healing and enlighten the participants scientifically on how it helps in curing diseases without the help of pills. He gave examples as to how turmeric has been used for centuries and we have forgotten how it is actually powerful in curing many ailments like treating sore throats, wounds etc.



కార్యక్రమంలో పాల్గొన్న నిర్వాహకులు, డాక్టర్లు

సంపూర్ణ ఆరోగ్యం కోసం

ఉత్సవ్

ఐటీఎం బిజినెస్ స

వెన్నె, ఆగస్టు 20 (ఆంధ్రజ్యోతి): బెంగళూరులో సంపూర్ణ ఆరోగ్యం కోసం యోగా, నేచురాలి, ఆయుర్వేద, ఆధ్యాత్మికత తదితరాలను అందించే ప్రాగ్ఞా ఇన్స్టిట్యూట్ ఆఫ్ యోగా అండ్ ఆల్టర్నెటివ్ సైన్సెస్ (పీయాస్) సంస్థ నగరంలో 'ఉత్సవ్' పేరుతో కార్యక్రమాన్ని నిర్వహించింది. అదే విధంగా ఈ 'పీ యోగా' కోసం ప్రజాశిక్షణ రూపొందించు కోండి' పేరుతో మూడు రోజుల పాటు ఈ రోజు ను నిర్వహించింది. ఈ ఆధునిక యుగంలో ప్రజలు సంపూర్ణ వైస్ ఆరోగ్యం కోసం పరిష్కార కరమైన వ్యక్తులను అన్వేషిస్తున్నారు. ఆరోగ్యం ఆపకట్టె కడకు గ్రహిస్తున్నారు. ఇందులో భాగంగా ప్రజల్లో మరింత అవగాహన పెంచేందుకు పీయాస్ నిర్వాహకులు నగరంలోని నిర్వహించారు. కార్యక్రమంలో పాల్గొన్న 62 మంది సంపూర్ణ జీవనశైలి గడపడమెలా అనేదానిపై అవగాహన పొందారు. పీయాస్ వ్యవస్థాపకుడు డాక్టర్ సీతా ఈ ఉత్సవను ప్రారంభించి ప్రసంగించగా, డాక్టర్ మహేంద్ర బాలర్ తదితరులు పాల్గొని పలు సలహాలు, మానసలు చేశారు.

సోలార్ ఎనర్జీ అప్లికేషన్స్ పై జాతీయ సదస్సు

పెరంబూర్, ఆగస్టు 20: సొలార్ ఇవంటిని సెయింట్ పీటర్స్ ఇన్స్టిట్యూట్ ఆఫ్ హెయిల్త్ ఎడ్యుకేషన్ అండ్ రీసెర్చ్ ఆఫ్ ఫ్యూచర్లో సోమవారం 'సోలార్ ఎనర్జీ అప్లికేషన్స్' పై జాతీయస్థాయి సదస్సును నిర్వహించారు. కళాశాల ప్రాంగణం

कई लाइलाज बीमारियों का सरल समाधान है नैचुरोपैथी

पत्रिका न्यूज़ नेटवर्क
rajasthanpatrika.com

चेन्नई. प्रज्ञा इंस्टीट्यूट ऑफ योगा एंड अलायड साइंसेज (पियास) द्वारा हाल ही में महानगर के रॉयपेट स्थित होटल रिजेन्टा में उत्सव नामक एक विशेष एक दिवसीय कार्यक्रम का आयोजन किया गया। कार्यक्रम का नेतृत्व कर रहे डॉ. महेंद्र बालर एवं डॉ. नीतू जैन ने योग, आध्यात्मिकता, प्राकृतिक चिकित्सा एवं आयुर्वेद के माध्यम से जीवन को स्वस्थ रखने के बारे में विस्तार से बताया।

चेन्नई में पहली बार आयोजित इस कार्यक्रम में लगभग 62 लोगों को स्वस्थ जीवन शैली के बारे में जानकारी प्रदान की गई। समारोह के प्रारंभ में पियास की संस्थापक डॉ. नीतू ने अपनी संस्था के बारे में लोगों को बताया। स्वास्थ्य परक जानकारी प्रदान करते हुए उन्होंने कहा कि



प्रज्ञा इंस्टीट्यूट ऑफ योगा एंड अलायड साइंसेज द्वारा आयोजित कार्यक्रम में उपस्थित लोग।

अपनी बीमारियों को ठीक करने के लिए आज दुनिया जिन दवाओं पर निर्भर है उनका दुष्प्रभाव हमें बर्बादी की ओर ले जा रहा है और इसका इलाज केवल प्राकृतिक तत्वों पर आधारित प्राकृतिक चिकित्सा पद्धति में है। इस दौरान उन्होंने नैचुरोपैथी के बारे में विस्तार से चर्चा की।

इसके बाद डॉ. महेंद्र बालर ने नैचुरोपैथी के बारे में कहा कि हमारे देश में सालों से हल्दी का प्रयोग ऐसे ही नहीं हो रहा है दरअसल यह कई रोगों को ठीक करने की बड़ी कारगर दवा है। इस दौरान वहां मौजूद लोगों ने भी इस बारे में अपने विचार व्यक्त किए।



Members of Shri Vardhaman Sthanakwasi Jain Mahila Mandal, Hanumanthnagar, with Jain Saints along with, Mrs. Prabha Gulecha, Dr. Neetu Jain and Dr. Mahendra Balar after a workshop at PIYAS Yoga & Nature Cure Hospital, Bangalore.

Most of the Ladies present in the session had an exhilarating once in a lifetime, unforgettable experience.

They were given Handy Tips on how to manage common health issues at home without medications and stay healthy.



New Members in Team PIYAS



Dr .Vishnu Prakash

Dr. Vishnu Prakash an experienced naturopath with professional experience in health and wellness management.



Dr.Nithin C.S

Dr. Nithin has been serving as a clinical naturopath, nutritionist, acupuncturist, Yoga consultant, and wellness consultant and is a fitness enthusiast.



Dr Poosamathi K

Dr. Poosamathi is an budding naturopath and wellness consultant with professional experience in health and disease management.



Dr Vajrakala M

Dr. Vajrakala M is a fresh young and enthusiastic graduate who comes to PIYAS with new ideas and wants to prove her mettle in the field of Yoga & naturopathy as well as Integrative Medicine.

Flexibility refers to the range of movement in a joint. Optimum flexibility lets us perform our activities of daily living with ease. Climbing down the stairs, getting out of a chair, picking up something from the floor, or squatting on the floor require some flexibility. Youngsters have good flexibility because of their young age. But as we age, flexibility is something that has to be worked on. The muscles become inflexible, tire easily and injure easily. Sedentary lifestyle deteriorates the condition further. We can improve flexibility by yoga which stretches your muscles in a safe and effective manner. Yoga can be done by almost anyone, regardless of age or gender. In fact, the older you are the more benefit you'll get from it!

Yoga is the safest way to improve the strength and flexibility and muscles and joints at any age.



For hydrotherapy packs or other queries contact us: +9180 - 26602246

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ACUPUNCTURE



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