



well-being guide

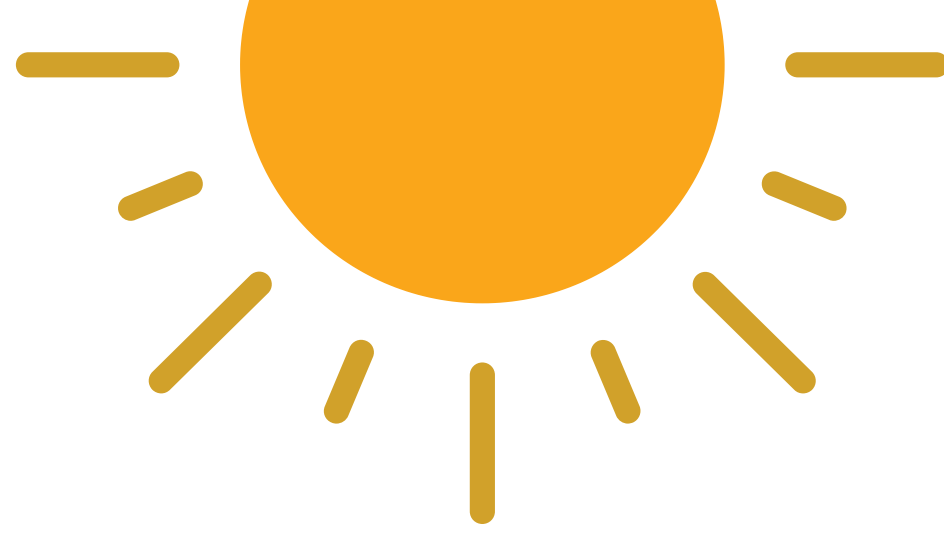
Prevention is better than cure.

Let us develop internal strength to overcome external challenges.

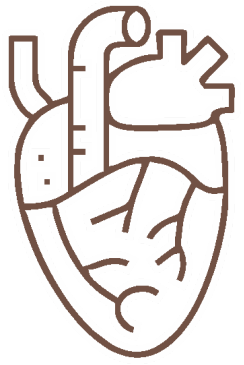
The only step forward to stay safe.

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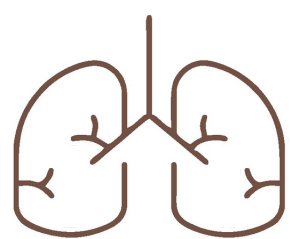
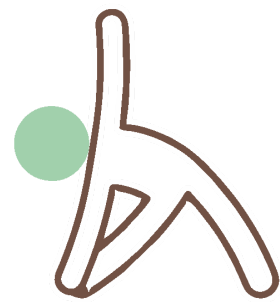
- exercise -



run, walk briskly or engage in any sport,
preferably during dawn or dusk



practice yoga



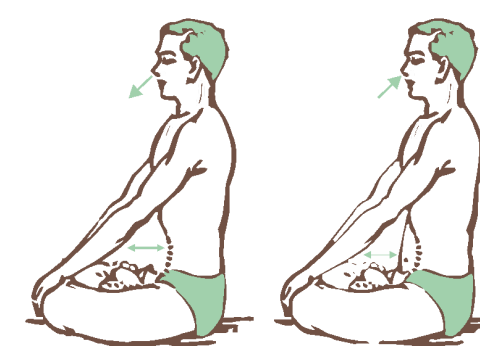
practice pranayama | breathing exercises,
preferably in the morning



Bhastrika



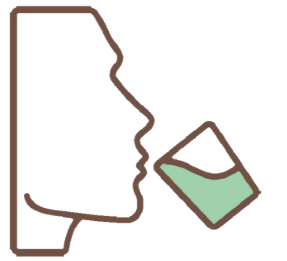
Anulom Vilom



Kapalabhati

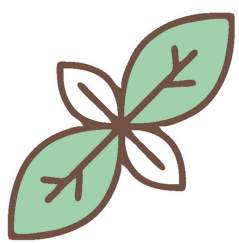
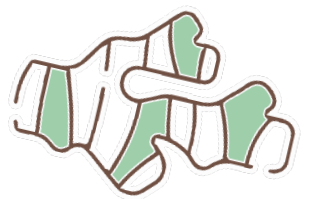
- diet -

drink adequate water, preferably warm



wash fruits and vegetables with salt water and allow them to sun dry before consuming | cooking

use turmeric, ginger, cumin, coriander and black pepper while cooking

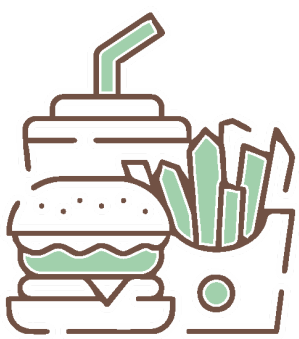


consume almonds, basil leaves, legumes and spinach

drink

i) green tea

ii) milk with turmeric powder



avoid deep fried, junk and packaged food as much as possible

avoid drinking water one hour before and after meals and also during meals





- ayurveda -

Ayush 64

take giloy juice or powder or decoction

- homeopathy -



Camphor 1M

four globules, twice a day for two days

Arsenicum Album 30

four globules for four days

- keep globules under the tongue until they melt
- do not eat or drink anything 30 minutes before and after consumption
- repeat the dose after one month

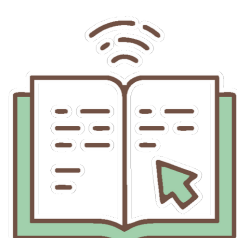


only health, no side effects



follow the guidelines of

Ministry of AYUSH



Homeopathy for COVID-19

Dr Rajan Sankaran

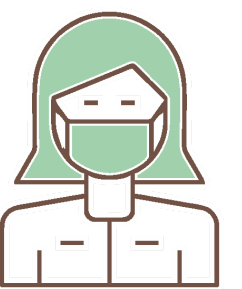
- hygiene -

protect nose by steam inhalation



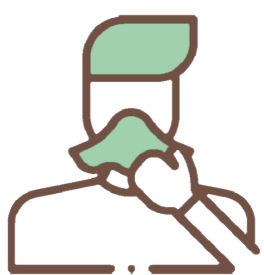
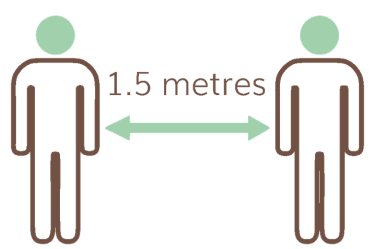
protect throat by gargling with warm water and salt

wear a face mask when in public



greet as per Indian tradition with folded hands
(*namaskar*)

maintain a distance of at least 1.5 metres
from another individual



use a handkerchief while coughing or sneezing

sanitise | wash hands often with sanitiser | soap



avoid touching eyes, mouth and nose

keep nails short

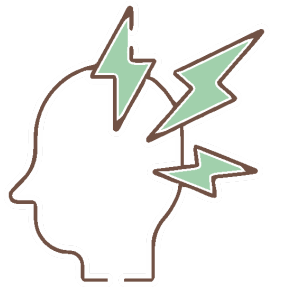


carry extra face mask and a hand sanitiser
while traveling



- rest -

manage stress

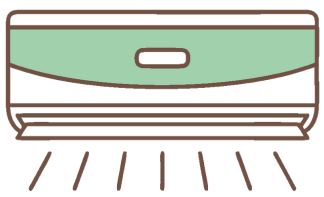


sleep in right posture for six hours (for adults)



Why We Sleep

Matthew Walker



avoid sleeping with air-conditioner on
even during the summer

avoid using electronic gadgets 30 minutes before
going to sleep or after waking up



- mind and emotion -



importance of silence and
positive thoughts in daily life

what sleep is to the body,
silence is to the mind



what food is to the body,
positive thoughts are to the mind



The biology of belief

Dr Bruce Lipton

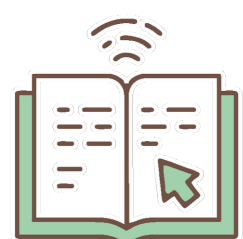


importance of compassion (*karunā*)
and kindness (*dayā*) in daily life

compassion strongly enhances resilience



kindness elevates inner self and health
(including of others)



The rabbit effect

Dr Kelli Harding

- reference viewing -

Baba Ramdev on building immunity through yoga

Boost your immune system with yoga

Sadhguru on developing resistance

Ways to enhance immune system with Ayurveda

Ted talks: The gift of silence

Health meditation by Sadhguru

Bhagvad Gita: The power of positive thinking

Sadhguru on power of thoughts

TED talks: Compassion and the true meaning of empathy

Why is kindness good for health and well-being?

We Shall Overcome