

21- DAYS WELLNESS CHALLENGE - ENERGIZE

A wellness and fitness challenge was planned for residents of UAE jointly by Jain Seva Mission, UAE, (JSM) and PIYAS Yoga and Nature Cure Hospital, Bengaluru. It was easy and doable for everyone and flagged off on June 10, 2020, and ended June 30, 2020. This event had been planned after a lot of thought and deliberation. There was guidance on board from a combination of modern science and ancient science doctors of PIYAS. It was designed taking into considera-

acute rhinitis, vertigo, asthma, migraines, menstrual pains, to hypothyroidism. Before the initiation of this program, participants filled up forms to enrol for the program for holistic development. YouTube links/videos about the team that will be involved in this program and their thoughts were shared for clarity and preparedness before beginning the 21-day challenge and participants were prepared mentally to take up the challenge.

Area wise group lead-



on their health condition and body mass index (BMI). Self-evaluation stress tests were done. During the course, recipe videos were regularly shared in the WhatsApp group. Zoom meetings were organized. PowerPoint presentations were given. PIYAS practices videos were compiled making it convenient for the participants. Many felt that they were able to do much more than they thought that they could when they started, in terms of awareness, breathing, and consistency. As days went by, the participants began noticing how quickly their bodies heal given the



tion how the human body works in totality. The motive of this person-oriented program was 360-degree holistic evolution in order to achieve the right health. In this program, 99 participants enrolled with a variety of diseases, from type 2 diabetes, hypertension, high cholesterol, back aches, knee pains, indigestion, low energy, sinusitis, allergies and

ers were designated to liaison between the organizers and the participants and also to motivate the participants to strive for success. The challenge started on the morning of June 10, 2020, with participants motivated to get up before sunrise and to go to bed at least 30 minutes earlier than their regular bedtime. Participants were guided on diet based

EDITORIAL TEAM

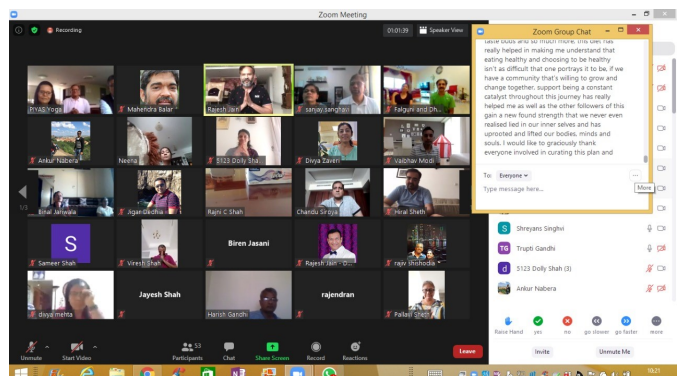
DR. MAHENDRA BALAR
DR. NEETU JAIN
DR. M. A. MIRZA

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right conditions. With the daily reports and feedbacks, many other improvements were also seen. Mr. Rajesh Jain, Lifestyle Coach and organizer, very ably supported by his wife Mrs. Bhagyashree Jain, said that this wellness and fitness challenge will return next in 3 months. He added that several other groups have plans to adopt the program.



SS NAVYAS TRUST SERVING SILENTLY

PIYAS Yoga & Nature Cure Hospital is a Not for Profit Organization and an initiative of Surajbai Sardarmull Navyas Trust. In addition to its regular hospital services, the hospital has also been providing free treatment to the needy patients and offering yoga and naturopathic services with heart and compassion and with the true spirit of service to humanity. The hospital has been providing free yoga classes, free naturopathy consultations on Sun-

days, Laughing and Sharing Sessions, Residential and Non-residential workshops - like UTSAV and 21-days Wellness Challenge, inpatient admissions to Jain Sadhus and Sadhvis, outpatient therapies, immunity boosting kits, and herbal drinks to more than 10,000 people. UTSAV residential camps and introductory talks and other workshops have been organized in Kolkata, Chennai, Coimbatore, New Delhi, Oo-

ty, Bengaluru, Madurai, and Dubai as well as other cities free of cost. Around 5000 people participated in UTSAV. During this time of COVID 19 pandemic, many proactive steps like creation of YouTube videos, health information via social media, phone & video consultations and creating awareness about immune boosting foods and practices (Immune Boosting Wellness Kit) were taken up by team PIYAS.

But PIYAS could only do this through support and donations from Surajbai Sardarmull Navyas Trust.

ALTERNATIVE MEDICINE IN HEMOPHILIA CARE




INTERNATIONAL YOGA DAY




Dr. Neetu Jain
Medical Director,
Prajna Institute of Yoga &
Allied Sciences (PIYAS) Bengaluru
21st June 2020 at 09:30 am
Theme 2020: "Yoga at Home and Yoga with Family."
-:Webinar on:-
"Alternative Medicine in Hemophilia"

Very rarely non-medical management of haemophilia is explored by People with Hemophilia (PWH). Hemophilia is a rare disorder in which blood does not clot normally because it lacks sufficient clotting factors especially factor VIII and IX. On the eve of International Yoga Day on June 21, 2020, a webinar was conducted jointly by Karnataka Hemophilia Society, Davangere, and Prajna Institute of Yoga and Allied Sciences (PIYAS) to spread awareness about the importance and effects

of yoga on the health of PWH. Dr. Neetu Jain, Medical Director, PIYAS, Bengaluru gave useful tips to PWH ranging from simple yogic practices, breathing practices, relaxation techniques, hydrotherapy packs and compresses, to acupuncture points. The webinar covered important aspects like reduction in bleeding episodes, pain management, improving mobility of joints and psychosocial support. This was followed by very interesting and practical Q&A session where the hemophiliacs and their families interacted with doctors of PIYAS team to clear their doubts.

THE DIAGNOSTIC APPROACH TO COVID 19 - PRESENT SCENARIO

Speakers Dr. Mahendra Balar, Founder & Medical Director at Prajna Institute of Yoga and Allied Sciences (PIYAS), Bengaluru and Dr. Nanda Kishore Alva, Professor of Pathology, M. S. Ramaiah Medical College, Bengaluru seen during the iPC Health's Virtual Class conducted on June 25, 2020, from 3:00 pm to 4:30 pm .

The virtual class focussed on understanding:

- Biosafety guidelines and waste disposal.
- Patient screening and indications for COVID 19 testing.
- Sample collection, handling and transport.
- Preanalytical and analytical aspects of various diagnostic tests.
- Role and interpretation of RT - PCR, antigen and antibody (IgM and IgG) tests in diagnosis of COVID 19.



CLEAN WELL - LIVE WELL

A clean and hygienic home can boost your immunity and help you avoid sickness. A well-organized living area can also reduce stress and depression as well as help avoid injuries or falls. Generally toilets and kitchens are deep cleaned on a regular basis whereas bedrooms and living rooms are ignored. Benefit yourself by deep cleaning your home frequently.

Benefits:

- Strengthen immunity - Dust, fungus, mildew and pet dander can be triggers of allergy. By



keeping the home clean you can avoid triggers.

- Be happy - An organized and clutter-free home has a positive effect on your mood and concentration. Being organized is mentally refreshing and liberating.

- Sound sleep - Clean bedrooms and beds create a “sleeping on a cloud” feeling. A sound and restful sleep boosts your immunity.
- Hygiene - Keep surfaces clean to minimize the spread of harmful germs or microorganisms.
- Be productive - Clutter is distracting and interferes with your brain’s ability to process information. Start dusting, vacuuming, washing and reorganizing for your holistic wellness. Bring your regular cleaning routine back on track - both externally and internally.

KIZHI - THE MAGIC POTLI



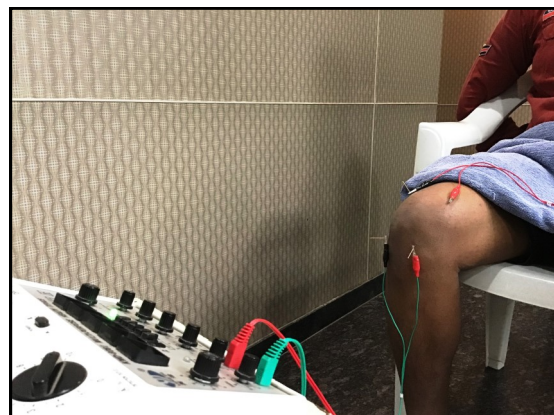
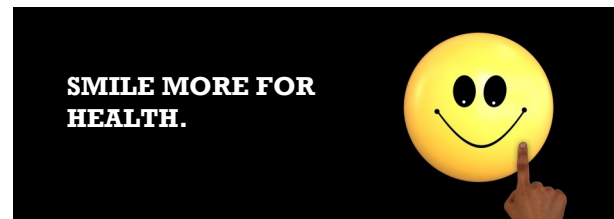
Kizhi means Bolus or Potli. Massage is given for about 10 to 15 minutes with warm bolus or potli. The temperature is maintained at around 46 degree centigrade by reheating the bolus over hot vessel. It provides relief from stiffness and catches, heaviness and coldness in the body or body parts. It is highly effective in treatment of ailments affecting the bones and joints and is advisable

in conditions such as arthritis, spinal problems, spondylitis, lower back pain, sports injuries, etc. It improves muscle strength, alleviates sore muscles and joints, relieves body pain and stiffness, and enhances blood circulation. It is also very effective for patients suffering from paralysis and fibromyalgia. It is very relaxing and detoxifying.

HEALING WITH ELECTRO-ACUPUNCTURE

Electroacupuncture is a form of acupuncture where an electrical device is used to provide a continuous, gentle stimulation to specific acupuncture needles. The low intensity current flowing through the needles improves the healing of injured or inflamed joints or muscles, relieves pain by stimulating the release of natural painkillers or endorphins.

The use of electrical stimulation effectively relieves pain and promotes tissue healing. It is useful in headache, trigeminal neuralgia, osteoarthritis of shoulder joint, tennis elbow, sciatica neuralgia, injured knee ligaments, low back pain, sports injuries, post herpes zoster, dysmenorrhea and various other muscle and joint issues.



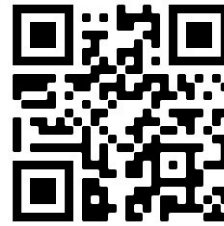
Natural, chemical free products available @ PIYAS

Immune Boosting Wellness Kit

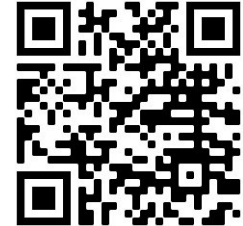
Kit includes:

- ❖ Nasal Drops
- ❖ Herbal Tea
- ❖ Anti Allergic Powder
- ❖ Natural Skin Cleanser
- ❖ PIYAS Neck Band
- ❖ Throat Pack
- ❖ 135 Handy Tips booklet
- ❖ Shanti Meditation CD
- ❖ Tele-consult 5-10 min (if required)

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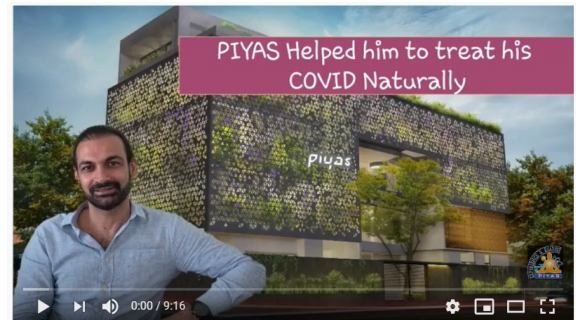
YOUTUBE



FACEBOOK



<https://www.youtube.com/watch?v=eWnGT4y9vNM>



<https://www.youtube.com/watch?v=RDDtXCAHutg>



Can you be Healthy without medicines? PIYAS shows you how || Dr. Mahendra Balar & Dr Neetu Jain

<https://www.youtube.com/watch?v=pGJBL5xAHUA>

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