



Being Fit Human

Surya Namaskar
The Most Powerful Asanas

A Guide to Sattvic Lifestyle

How Does
Mental Health
Affect Our Overall
Lifestyle



powered by **andaa**

Health Magazine

6 SACRED FOODS TO EAT DAILY

for conscious living

Scientists and Enlightened Beings agree that good food, clear gut is the way to a healthy life. Good food detoxifies our body and keeps our body in optimal working conditions. Healthy food and detoxified body are the basis of sattvic lifestyle.

TURMERIC

This golden powder helps to detox the body, protects against antioxidant damage, heals microulcers in the digestive tract and restores the overall health of the gut and thus the entire body. Turmeric is essential for all meals.

NEEM

Although neem has a bad rap for its bitterness, it is known as a powerful medicine. It is known to be the only non-toxic fungicide and bactericide. Neem can be taken raw or cooked. In either case, there is plenty of bitterness in the fruit, leaf, or flower.

TAMARIND

The acids in tamarind helps to cleanse the intestine by better bowel movement. Tamarind is also rich in vitamins and minerals. Tamarind contains many potent phytochemicals that heal and protect the gut.

BLACK PEPPER

Known for its phenomenal antioxidant properties, blackpepper chiefly aids in digestion of proteins. Consumption of pepper keeps healthy bacteria in the gut.

LEMON

is the best natural source of vitamin C. It also helps to control weight and prevent anemia. Like all the other foods on the list, lemon too aids in digestion and ensures that food is evenly digested in the gut.

HARITAKI

The nectar of gods, Haritaki is the best known for not only regulating blood sugar, it also maintains the gut health. Haritaki supports the increase in population of probiotic bacterial in the gut.

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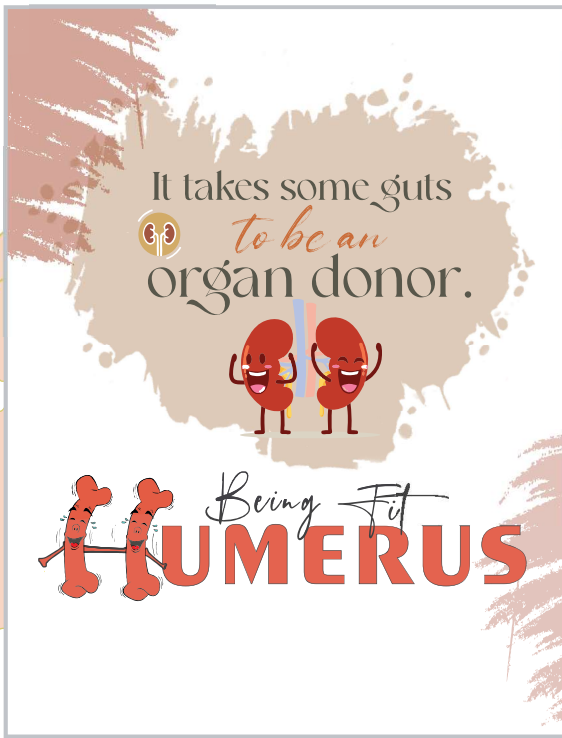
A Guide to Sattvic Lifestyle

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Brain Food

Best Foods For Brain Power!

1. Walnuts
2. Avocados
3. Green Tea
4. Wild Salmon
5. Blueberries
6. Eggs
7. Pumpkin Seed
8. Dark Chocolate
9. Turmeric
10. Greek Yogurt
11. Oats
12. Broccoli
13. Oranges
14. Coffee
15. Kale



Publisher's Note



ANUJ GUPTA
Managing Director

The publication of 'Being Fit Human' has been made possible because of our team of dedicated professionals and authors, who selflessly agreed to contribute to our mission of providing accurate and empathetic health information to our readers.

Through our magazine and the articles published in it, we aim to connect better with the readers and support them towards adopting a healthier lifestyle. Consequently, providing them with in-depth analyses and views on healthy eating habits, nutrition facts, yoga, etc.

BFH further has chosen to help you get the best out of your life and body.
So, let's celebrate the beginning or the continuation of a journey towards health and fitness.

Being Fit
Human

From the Editor's Desk

Being Fit

Human

"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."

– B.K.S Iyengar

brings the focus on the state of health and wellness in the life of a '21st century man'. Although it is evident that both our mental and physical well-being are directly impacted by our daily routine, we seldom seem to do anything to improve. Our hustling professional and personal lives have been so rigid that a minor change in our routine might immensely disturb our well-being.

Further, the outbreak of Covid-19 and other diseases in the past few years has made most of us apprehensive of the lives we've been leading for a long time now. Therefore, it becomes evident that we still have a long way to go for leading healthier versions of our lives. Despite the busy and hasty schedule, it's important that we get some 'me-time'. Our magazine includes healthy and easy diet plans, introspective yoga and meditation practices based on the experts' personalised experiences and thorough studies.

However, to allow such practices to blend with one's current lifestyle easily, 'self-stewardship' is necessary. It's not always about achieving a desired weight or socially acceptable body structure, but more about striving for 'personal harmony'.

Since habits tend to shape our existence and future, we hereby present you with some transformative methods that can help you lead a healthy, happy and balanced life.

Finally, we wish to remind you that 'life is not merely being alive, but being well.'

– Vasundhara Choudhary
Editor-in-Chief



A GUIDE TO *Sattvic Lifestyle*

—*Rashmeet Minhas*
(Trained Instructor; Yoga and Wellness)



Sattvic describes things that have “sattva”. Therefore, a Sattvic lifestyle involves living a simple and pure life. It promotes a balance between being overactive and underactive. Although living a Sattvic life could be challenging in today’s fast paced life, yet many people want to adopt it for maintaining their physical and mental wellbeing.

Sattvic has been derived from a Sanskrit word “sattva”, which means light & purity. It is one of the three gunas that create the essential aspects of all nature. According to the Hindu philosophy, Sattva guna tends to take an individual to the path of Dharma (right way of living) and jnana (knowledge).



Eat Sattvic Food

Those who follow a sattvic diet pattern must avoid all foods that belong to Rajasic or Tamasic group, such as refined sugar, fried foods etc. According to Yogic philosophy, the mind is formed from the essence of food. If food eaten is pure then it brings inner peace to the body and encourages spiritual progress.



Maintain Hygiene



To increase the Sattva guna, it is important to keep yourself and your surroundings clean. Our surroundings have a big impact on the vibes we get. When you and your surroundings are clean, you get positive vibes. Therefore, always be hygienic, wear clean clothes and keep your surroundings tidy.

Practise Meditation

Just as we cleanse our body by taking a bath, we cleanse our thoughts and mind through meditation. Cleanliness is the first and the most important step towards a sattvic lifestyle. Therefore, a mental detox that can be achieved through meditation is a must to be inculcated in the daily routine. A sattvik mind is a pure mind. It is calm, relaxed and has complete balance.



Spend Time with Nature



Technology is an integral part of our lives these days. However useful, it has numerous ill effects on our life and health. Addiction and harmful radiations are some, among many. It also stimulates our rajas (quality of passion sometimes self-centeredness) and tamas (darkness, ignorance and illusion) gunas and dampen our sattvikguna. Therefore, it is important to spend some time away from technology and with nature. When we spend time in nature it helps us realize our consciousness.

As said in the Bhagwad Gita by Lord Krishna (11.25.25)

“vanam̐tusāttvikovāso”

'Residence in the forest is in the Sattva'

Practise Bhakti Yoga

Practising Bhakti Yoga brings devotion and spirituality within us. This makes us calm and peaceful. Bhakti Yoga is a divine offering to the supreme soul with any desire for the result. Moreover, this raises your consciousness to an extreme level.





Maintain a Balance Between Work and Leisure



In case you're a workaholic, you depict the quality of a rajasic person. On the other hand, sluggishness is the quality of a tamasic person. There should be a balance between these 2 states and it's called the Sattvic state.

Rise Early

Rising early is a good habit that keeps you calm and charming everyday. For waking early, you need to go to sleep early. Originally, we were not made to work at night. So, to keep the balance, sleep early and rise early.





Who's the SATTVIC Diet for?

Sattvic Diet is considered suitable for people who follow the Ayurvedic principles. Since it is a pure vegetarian diet, it is easier for vegetarians to adapt to a Sattvic diet.

Moreover, the Sattvic diet is restrictive and not scientifically researched. So, people who are more into getting complete nutrition as given by science will not find Sattvic diet fulfilling.

Yoga enthusiasts also prefer a Sattvic diet as it is light and pure. It prepares them to perform the asanas, meditation and follow other limbs of yoga effectively.

Benefits of eating a Sattvic diet



Promotes Mindfulness: Mindfulness is a Practise that involves paying close attention to how you feel in the present. Moreover, mindful eating emphasises on minimising distractions during meals to focus on the taste, texture and smell of your food.

Strengthen Immune System: A Sattvic diet consists of fibre, nutrients and antioxidants that assist in prohibiting chronic diseases. In addition, it protects your body from various kinds of infections.

Encourage Healthy Foods on the Plate: The Sattvic diet as a whole encourages eating whole foods like fruits, vegetables, grains, and legumes. This can benefit your health greatly, as these foods are rich in many essential nutrients. The diet also minimises the intake of processed foods, which often lack fibre and important vitamins and minerals.

Promote Healthy Body Weight: With a restricted availability of food options, Sattvic diet promotes healthy body weight. It enables your body to not gain excess weight which is otherwise a result of consuming too much fats or an imbalanced diet.

Balance the Body and the Mind: When you eat a healthy diet, it keeps your mind energetic, happy and peaceful. A sattvic diet helps in a perfect balance of your body and mind.

Surya Namaskar



—Ritu Singh
(Yoga and Wellness Instructor)



The Surya Namaskar, often known as the Sun Salutation, is a series of 12 potent yoga poses. Surya Namaskar is well renowned for having a very good effect on the body and mind in addition to being an excellent cardiovascular workout. The main objective of practising Sun postures is to awaken all the chakras that are normally dormant in the navel core. Thus, performing Surya Namaskar every day encourages the chakras to awaken from slumber and keeps the body and mind in a healthy state of equilibrium. Surya Namaskar serves as both, a Practise in itself and warm-up for other yoga asanas. Because it stretches, builds strengthens and lengthens all muscle groups it allows the body to "open." Through the body, Surya Namaskar increases prana, or life force energy, which helps to control our mental and physical faculties. Even though Surya Namaskar can be practised at any time of the day, it is ideal to perform the Surya Namaskar in the morning on an empty stomach. In addition to promote excellent health, Surya Namaskar offers a chance to thank the sun for supporting life on our planet.

Pranamasana

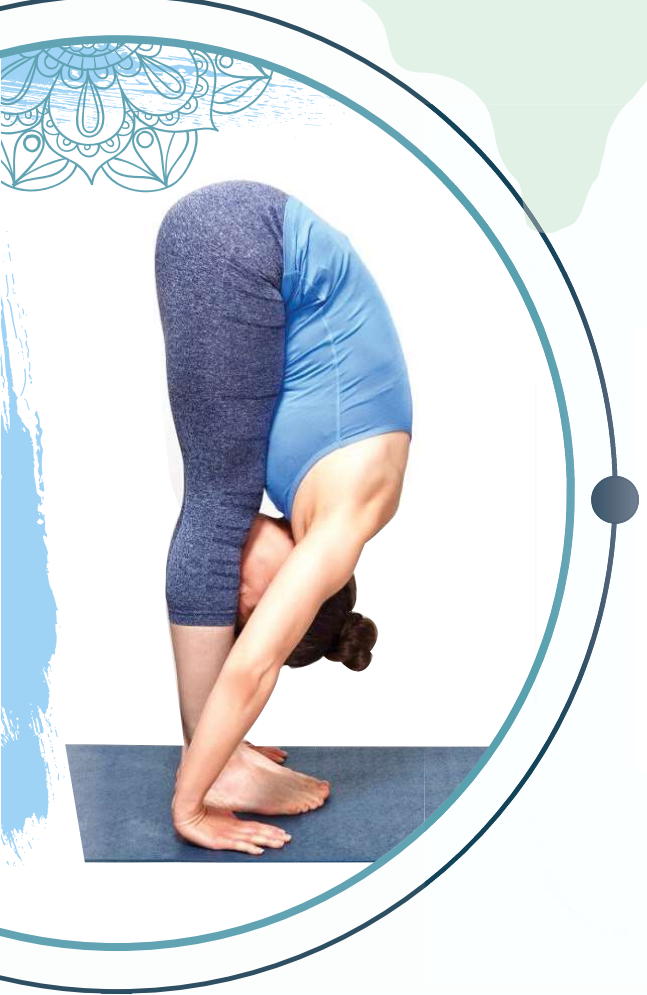
- Stand upright bringing the feet together and arms by your sides.
- Slowly bend your elbows to join your palms in a Namaskar Mudra in front of the chest.
- Close your eyes, relax the entire body and keep breathing normally.
- Keep your focus around the chest on Anahata Chakra and chant “Om Mitraya Namaha”.



Hasta Uthanasana

- After exhaling deeply in prayer pose, inhale – separating the hands raising and stretching the arms over the head.
- Inhale, look up and bend the body slightly backwards and push the pelvis forward.
- Keep the arms shoulder width apart.
- Feel the stretch in the belly and expansion of the lungs.
- Chant “Om Ravaye Namaha” while practicing hasta utthanasana.





Padahasthasana

- Exhale and fold forward from the hips placing the palms on the floor on either side of the feet.
- Try to bring the head as close as possible to the knees.
- The chest rests against the thighs holding this position.
- This is Practised while chanting, "Om Suryaya Namaha".

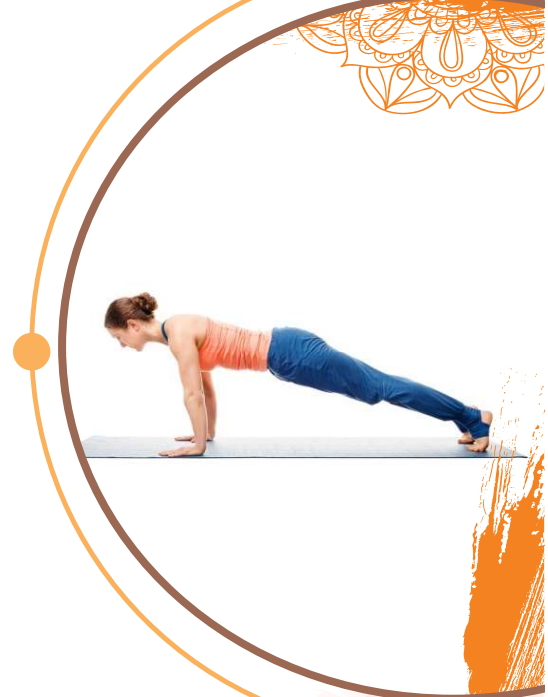
Ashwa Sanchalanasana

- Inhale, step the right leg back pushing the foot as far as possible, placing the knee on the floor with tucked-in toes.
- Bend the left knee to place the foot on the floor.
- Press the palms or fingertips beside the left foot on the floor.
- Arch the back and tilt the head backwards lifting the chin to look up.
- Here, chant "Om Bhanave Namaha".



Chaturanga Dandasana

- Inhale drawing the left foot backward placing it beside the right.
- Exhale curling the toes in and pressing the hands on the floor, lower the chest closer to the floor.
- Balance the entire body on the toes and hands.



Ashtanga Namaskar

- Exhale and lower the knees to the floor and take your hips slightly back.
- Slide little forward placing the chest and chin on the floor.
- Therefore, only the toes, knees, chest, hands and chin touch the floor.
- The buttocks, hips and abdomen are kept raised.
- It is done while chanting, “Om Pushne Namaha”.

Bhujangasana

- Inhale, lower the hips, point the toes back and slide the chest forward.
- Arch the back rolling the shoulders down.
- Slowly look up like the cobra raises its hood.
- Chant “Om Pushne Namaha”.





Adho Mukha Svanasana

- Exhaling, lift the hips and push them backward to place the heels on the floor and straighten the arms.
- Lower the head between the arms, forming an inverted V with the legs, arms and back.
- Press the palms and heels on the floor and take a few breaths. ✨
- Chant “Om Khagaya Namaha” during this pose. ✨



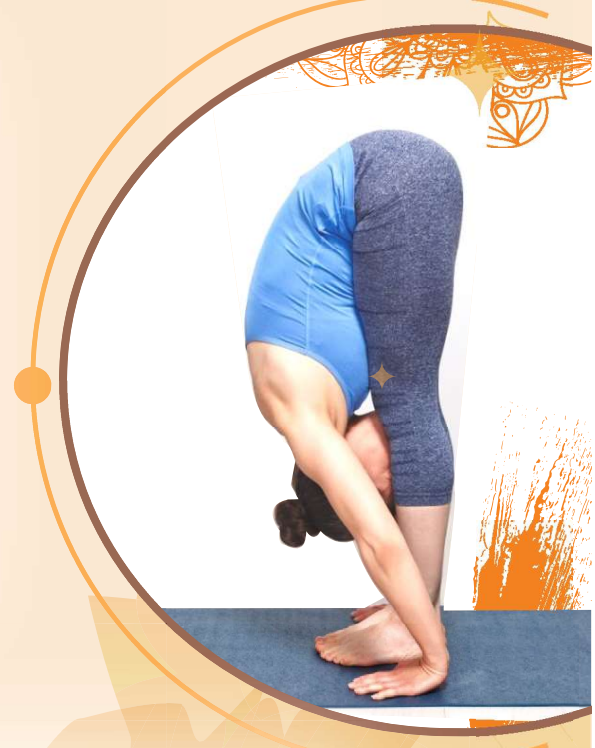
Ashwa Sanchalanasana

- Breathe in to bring the right foot forward between the hands bending the knee.
- Simultaneously, lower the left knee to touch the floor, tuck the left toe in and push the pelvis forward.
- Tilt the head backward to gaze up as in Ashwa Sanchalanasana reciting, “Om Adityaya Namaha”. ✨



Padahastasana

- Exhaling, bring the right foot forward and bend forward at the hips.
- Bring the palms to the floor beside the feet as in padahastasana.
- Recite the mantra, “Om Savitre Namaha”.

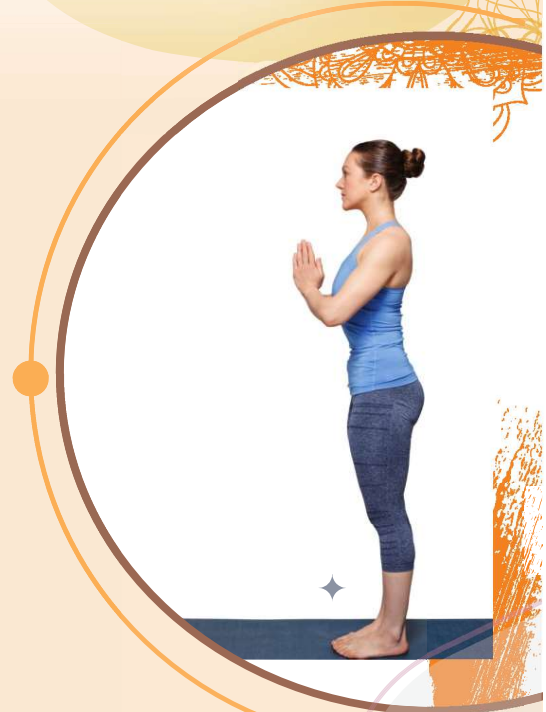


Hasta Utthanasana

- Inhale by raising torso to stand erect and stretch the arms upward.
- Transform from padahastasana to hasta utthanasana as described in hasta utthanasana.
- The mantra for this pose is “Om Arkaya Namaha.”

Pranamasana

- Exhaling gently bring the arms down to join the palms in front of the chest.
- Chant “Om Bhaskaraya Namaha”.



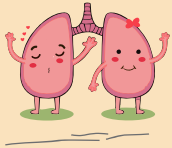
The Sun Salutation is without a doubt the most powerful asana and offers a wide range of amazing advantages, including:

1. Enhances skin beauty
2. Prevents hair fall
3. Benefits in weight loss
4. Takes care of heart
5. Improves kidney function
6. Manages hormonal imbalance
7. Improves digestion
8. Benefits by reliving stress
9. Benefits the menstruation cycles for women
10. Improves sleep cycle and nervous system
11. Supports the harmony of the three essential bodily energies—Vata, Pitta and Kapha.

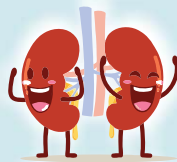


Being Fit HUMERUS

When the
LUNG
fell in love it
took its
BREATH
away



It takes some guts
To be an
organ donor.



WHAT do you give
a sick LEMON?

LEMON-AID



I TRIED playing
hide AND SEEK
in the hospital
BUT THEY KEPT FINDING ME IN THE



Why don't skeletons
fight each other?
They just don't have the guts.



Why did they take
paracetamol to prison?
It's a pain killer





How Does Mental Health Affect Our Overall Lifestyle

—Anita Duggal
(M.Sc. Psychiatry)

Mental Health refers to the emotional, physical and psychological well being of an individual. It depicts one's ability to cope with stress, lead a physically and emotionally healthy life and deal with problems rationally. It further impacts how we think, act or feel not only about the big stuff but also everyday things.

Let's have a look at the ways in which our poor mental health can affect our lives:

Emotionally

Sometimes, it is difficult for us to comprehend our emotions. We might be feeling a particular way but do not know the reason for it. We may also experience mood swings in short intervals which can be overwhelming for us as well as our closed ones. Such situations can be indicators of poor mental health.

Physically

Our mental and physical health are highly co-dependent. Poor mental health negatively impacts our physical health and its symptoms can be experienced in our day to day lives. For example, you may experience unexplainable pains or aches due to issues in the signalling pathways in the brain. In addition, diseases like heart disease, type 2 diabetes and stroke are commonly caused in people with poor mental health.

Psychologically

Issues like depression, anxiety and sleep disorder can be the psychological impacts of poor mental health. Our negative and overwhelming thoughts may lead to lack of concentration or memory problems.

Stigma Associated with Mental Health

The challenge of mental health in India is two-fold: lack of awareness and lack of resources. It is seldom given any significance in the health sector. People dealing with such issues are considered outcasts and their problems are rarely addressed.

BELOW ARE SOME OF THE PROBLEMS ARISING DUE TO THE STIGMA AROUND MENTAL HEALTH

- Prevent people from seeking help.
- Unavailability of proper mental health services.
- People are less likely to talk about their problems and sufferings.
- People with poor mental health not being able to receive help are less likely to evolve into productive citizens.
- Getting mental health service is considered a luxury and not a basic human right because of the unaffordability.

Mental Health Awareness

This has also been made possible with global initiatives and celebrations like 'World Mental Health Day' on 10th of October and 'Mental Health Awareness Month' in May, every year. Over the years the topic of mental health has evolved from a taboo into an acceptable conversation which is widely spreading across the world.

WHO quotes, 'The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.' Therefore, this day is celebrated globally in order to bring people's focus on the importance and necessity of maintaining good mental health. Similarly, the U.S.A. also started celebrating the 'Mental Health Awareness Month' in 1949. Since then every year the month of May is celebrated to create awareness about mental health among the citizens of the U.S.A. This is done by sharing personal stories or experiences through several platforms like blogs, videos, social media and national events.

- Talk about mental health freely. Share your knowledge on the subject and make others feel comfortable to talk about it too.
- Educate yourself and others about the early signs and symptoms of deteriorating mental health.
- Provide a safe space to your family and friends so they feel more inclined to share their thoughts and feelings with you.
- Don't be judgemental around anyone's decisions, negative thoughts and feelings. Be a good listener.
- Promote positive self-esteem among children and people dealing with poor mental health.

Ways of creating Mental Health Awareness around you:

Improving Your Mental Health Do basic and Be more

Stay Positive- Although many times it is difficult to have a positive outlook about things, you can try to nourish positive thoughts in your life with Practise. Remember that it is a gradual process.

Take care of your Physical Health- Consume a healthy and nutritious diet. It will work as a stress buster and improve your mood.

Start Your Therapy

Therapy is a method of treating mental health disorders and emotional problems. It helps an individual to feel better physically, emotionally and psychologically. Although therapy is a gradual process it enables people to shut negative thoughts and deal with the problems more maturely.

Learn these 4 things from Bhagavad Gita for Good Mental Health

1. “Yoga is the Practise of tolerating the consequences of being yourself.”

The regular Practise of yoga is said to do wonders for any individual. It can free your mind from distress and enable you to lead a mentally and physically healthy life.

2. “Little by little, through patience and repeated effort, the mind will become stilled in the self.”

It is important for each one of us to follow our own paths. To maintain a healthy mind you need to know and understand yourself. Your values, learnings and knowledge change with time. Thus, you must practise patience and put efforts in exploring what you're naturally inclined to.

3. “Renounce the fruits of labour.”

Often it's easier for us to eagerly await the prospective outcomes or results of our work and responsibilities that we tend to affect our mental health. The emotions associated with such waiting can become difficult to handle. Hence, the focus must be on fulfilling the duty and not receiving the fruit for it.

4. “Through meditation, the higher self is experienced.”

The Gita tells us to dedicate time to breathing. Close your eyes and simply do nothing but focus on your breath to control your mind's attention. It will enable you to harmonise your head and heart.

“Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature, and a holistic approach to health and well-being.

- Prime Minister Narendra Modi”

YOGA Mahotsav-2023

An Event to Commemorate 100 Days Countdown to
International Day of Yoga-2023

March 13 - 14, 2023 at Talkatora Indoor Stadium

&

Post Mahotsav Yoga Workshops

March 15, 2023 at MDNIY



100
DAYS TO GO
TO IDY - 2023

Y
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for more



information scan

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“Your diet is a
bank
account.
Good food
choices are
good
investments.”

— Bethenny Frankel