

Dada Says...

Temples and churches and mosques have their value, indeed.

But God is the Silent Spirit and dwelleth within.

And thou must be quite as the growing blade, quiet as the morning light, to reach the silent one.

SVIMS NEWROOM

Celebrated 5th International Yoga Day (21st June 2019)

The Institute observed the International Yoga Day by inviting Certified Yoga teachers and trainers from Kaivalya Dham. Ms. Deepplxmi Ballal delivered a talk on “Yoga for Healthy & Happy Lifestyle” followed by Yogasanas. Ms. Deepplxmi with her two volunteers taught different yoga postures like Vrikshasana, Trikonaasana, Bhadrasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and Meditation. Prayers were recited before and after the program. The program ended with an oath being taken by all the participants to practice Yoga every day to keep the bodies, minds and souls healthy and happy.

The session was attended by both students and staff of SVIMS. The participants felt enlightened and energetic after the session.



LOL

Wife: Had Your Lunch?

Husband: Had Your Lunch?

Wife: I am asking you

Husband: I am asking you

Wife: You copying me?

Husband: You copying me?

Wife: let's go shopping

Husband: Yes I had my Lunch

STRESS: A CURSE OF MODERN LIFE



(Image Source : <https://www.shutterstock.com/image-photo/stress-management-concept-circle-on-blackboard-293144903>)

People working in metro cities might have experiencing stressful life. We might be going through less stress or very high stress in our life. We keep hearing that sharing your stress with someone will reduce individual stress.

Following are some simple steps to minimize stress level:

If you know sharing your stress with specific individual will help you in reducing stress, in that case contact him/her, share your stress and try to implement advice you receive from him/her.

Many times it happens that you can reduce stress yourself by involving yourself in listening music, singing, playing or working on things you like.

Crying is another stress buster. If you feel you cannot cry because of surrounding then instead of crying you can write down in any language which you are comfortable with or If there is fear that someone will read your letter then you may scribble on page and torn it.

Boys may think of crying is indication of weakness like girls but crying is very effective way of stress buster. Repressing or not releasing stress are one of the reasons for heart attack.

By following these simple ways of stress buster, you may make your life happier than regret later.

By Siddhika Pawar : MB A-II Year