

# HEART TO HEART



MONTHLY NEWS BULLETIN OF THE HEALTHY HEARTS ASSOCIATION

LIVE LONGER AND BETTER

Volume No. Special **Better Health Through Better Choice** **March'21**

## President's Message



It gives me great pleasure to release this issue of “Heart to Heart” titled “Arogya Bhagya”. As you all know “Arogya Bhagya” means “Health is Wealth”. There is nothing more valuable than Good Health in our life, as without Good Health, there is no Happiness, no Peace, no Success and no enjoyment of life. The Editors of this issue of “Heart to Heart” have done an excellent job to bring out all aspects which lead to Good Health starting from good food, exercise including Yoga, rest, building immunity against diseases etc. My heartiest congratulations to them with grateful thanks.

I am sure you all will enjoy reading this issue of “Heart to Heart” and derive the benefit.

With warm regards,

Dr Swarnalatha R Rao,



**AROGYA  
BHAGYA**



Click  
at  
Start  
Button

# Increasing Prana Through the 5 Elements

by Swami Sitaramananda | Jul 20, 2015 | Hatha Yoga | 10 comments

Many of us are leading chaotic stressful lives that do not support our mental, emotional, physical and spiritual well-being. We do not eat well, exercise correctly, maintain a positive state of mind, or take the time to get the rest and relaxation we need. It is critical that we pause for a moment in our busy lives and understand how we need to heal ourselves from the inside out.

Using ancient yoga practices, we can incorporate simple and easy-to-do activities and routines in our daily life that **increase our prana**, that reinvigorate our energy and achieve greater vitality, health and tranquility – amid the hustle of the modern day demands.

### **What is Prana?**

Prana (प्राण, prāṇa) is the Sanskrit word for “life force” or vital principle. Prana is the force behind life itself. It is everywhere. It is that which gives life. In Yoga philosophy, the term refers collectively to all cosmic energies, permeating the Universe on all levels. It is the sum total of all energy that is manifest. When prana departs from the physical body, there is no life. It is abundant and all pervading. It is energy and where there is energy, there is life.

In living beings, the universal principle of energy or force of prana, is considered responsible for the body's life, heat, health and maintenance. One may question, **if prana is abundant, then why do we lack it?** If we do not know how to get prana, to spend it wisely (i.e. we waste it), we will not know how to recharge ourselves.

### **How to increase Prana?**

Prana comes through the five elements of nature, which are Earth, Water, Fire, Air and Ether.

We can increase prana through the **Earth element** by living in nature (for example, camping), walking on earth barefoot, touching the earth (gardening), hugging trees, looking at mountains, eating fresh picked fruits and vegetables, living in natural houses; and above all respecting nature.

By drinking clean pure water that is free of chemicals and toxins, we increase our prana through the **Water element**. Swimming in oceans, rivers, streams also increases prana.

Spending some time daily outdoors in the sunshine, or even opening windows and doors to let the sunshine in increases prana through the **Fire element**. It is also important to drink warm water and eat warm food; and cook food in flame stoves if possible.

The main source of prana is through breathing (the **Air element**). Having a consistent pranayama (breathing exercises) practice, inhaling pure fresh air, living in fresh air, airing out rooms, and staying away from polluted environments are some ways we can increase prana.

The **Ether element** is associated with thoughts. We are all living in an ocean of thoughts. Chanting mantras, being in a positive atmosphere (for example, places of worship) and keeping good company (satsanga) increases prana and helps us connect to a higher vibration of thinking.

### **Make the right the choices**

A healthy yogi always knows or has a pulse on his/her level of prana and chooses a lifestyle that is balanced and wholesome. We need to make wise choices in our daily activities that will make our lives more vibrant and alive. Sometimes, a little shift such as this goes a long way in reshaping our lives, giving us endless abundant energy, and allowing us to regain the quality of life that we were meant to live.





**FIT  
INDIA**



## Fitness Protocols and Guidelines for 65+ Years



**Goals**  
GOALS FOR ACTIVE LIFE STYLE

GOVT OF INDIA INITIATIVE

FIT INDIA

FITNESS PROTOCOLS  
AND GUIDELINES

FOR

65+ INDIVIDUALS

[https://drive.google.com/file/d/12rv4ZAvF\\_pFBvSj3y7PrVbMddMLupcDd/view?usp=sharing](https://drive.google.com/file/d/12rv4ZAvF_pFBvSj3y7PrVbMddMLupcDd/view?usp=sharing)



Rotary Club Bangalore North, managed 2 PHCs and 52 Polio Booths , Photo courtesy by Shri Janardhan



Polio Drops at Bhuvaneshwari Nagar photo courtesy by Wing Commander A Saraf



# SURYA NAMASKAR



ASANA		BREATH	CHAKRA	BENEFITS
Pranamasana		Inhale & Exhale	Anahata (Heart)	Induces a sense of calm and introspection
Hasta Uttanasana		Inhale	Vishuddhi (Throat)	Stretches the chest & abdomen lifting the Prana to the upper body
Padahastanasana		Exhale	Muladhara (Root)	Stretches hamstrings and blood flows to the brain. Prana travels to the lower body
Ashwa Sanchalanasana		Inhale	Ajna (Third Eye)	Improves hip flexibility and stretches groin muscles
Adho Mukha Dandasana		Hold breath in	Vishuddhi (Throat)	Strengthens core abdominal muscles, arms, wrists, upper back & neck
Ashtangasana		Exhale	Swadhisthana (Spleen)	Increases blood flow to the chest and strengthens the arms & shoulders
Bhujangasana		Inhale	Muladhara (Root)	Relieves tension in the lower back & gives an expansion to the abdomen & chest
Parvatasana		Exhale	Vishuddhi (Throat)	Strengthen arms, shoulders & legs & stretches the calf muscles. Increases blood flow to the brain
Ashwa Sanchalanasana		Inhale	Ajna (Third Eye)	Improves hip flexibility and stretches groin muscles
Padahastanasana		Exhale	Muladhara (Root)	Stretches hamstrings and blood flows to the brain. Prana travels to the lower body
Hasta Uttanasana		Inhale	Vishuddhi (Throat)	Stretches the chest & abdomen lifting the Prana to the upper body
Pranamasana		Exhale	Anahata (Heart)	Induces a sense of calm and introspection

# 10 SCIENTIFIC WAYS TO BE HAPPY

**1. Meditate**  
Rewrite you brain

**2. Smiling**  
Practice

**10. Plan a trip**  
but don't  
take it

**3. Sleep**  
More

**9. Spend time**  
with **family**  
and **friends**

**4. Practice**  
Gratitude

**8. Move closer**  
to work

**5. Help Others**  
2 Hours A Week

**7. Go outside**  
Especially 13.9°C

**6. Exercise**  
At least 7 minuntes





# The 4S approach to a healthy heart



## The 4S approach to a healthy heart



**Smoking** - Quit smoking to keep your heart healthy



**Stress** - Practise yoga and meditation to keep stress at bay



**Sedentary Life** - Lead an active lifestyle and exercise regularly

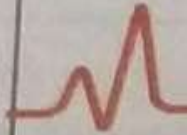


**Sleep** - Sleep early to get at least 7 hours of good sleep every night

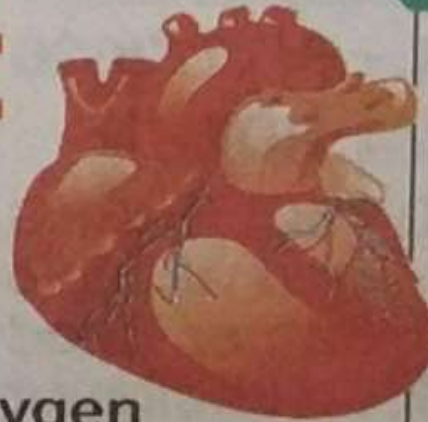


(clockwise from top) during the deliberations at Kaipar

## WHAT IS **HEART FAILURE**



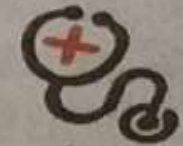
It is a chronic, progressive condition where the heart muscle is unable to pump enough blood to meet the body's needs for blood and oxygen



## BE VIGILANT

**Consult a doctor if you experience -**

- Breathlessness while bending forward
- Swelling around the feet
- Water retention in the abdomen
- Excessive tiredness & fatigue



## PERIODIC CHECK-UP



- If **diabetic** or suffering from **hypertension** or **Co-morbid** conditions

## SAFE PRACTICE

- Eat healthy food
- Exercise regularly (avoid heavy exercise)
- Keep body weight in check
- Take medicines on time, as prescribed



- Loss of appetite
- Increased urination
- Irregularity in heart beats

# LOVE YOUR HEART



REDUCE SALT CONSUMPTION



CHOOSE A HEALTHY DIET



LIMIT ALCOHOL CONSUMPTION



DON'T SMOKE



MAINTAIN A HEALTHY WEIGHT



EXERCISE DAILY

# PAHO



Pan American Health Organization



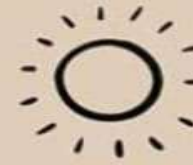
World Health Organization  
REGIONAL OFFICE FOR THE AMERICAS



**HEARTS**  
IN THE AMERICAS



# Happiness Chemicals and how to hack them



## **DOPAMINE** THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## **OXYTOCIN** THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



## **SEROTONIN** THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## **ENDORPHIN** THE PAIN KILLER

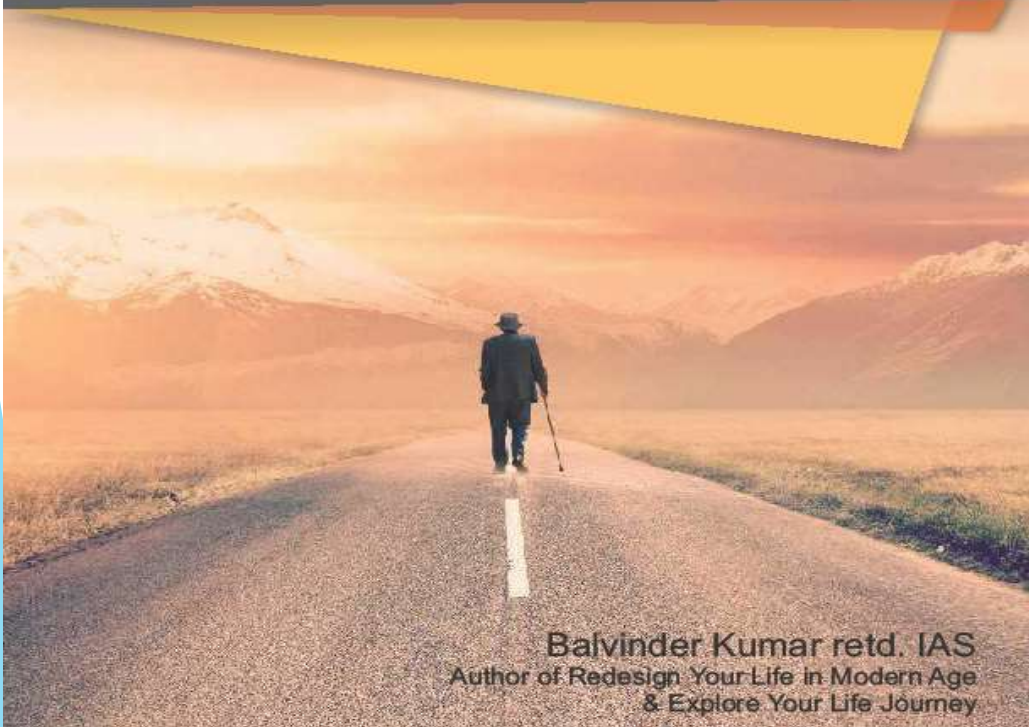
- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



KNOW YOUR LIFE [SERIES 9]

# WE HAVE BEEN DESIGNED TO SURVIVE, NOT TO DIE PREMATURELY

We can live at least 10 to 15 years more, if we know  
how to live



Link to How to add 10-15 Years to your life

HOW TO ADD 10-15 YEARS TO YOUR LIFE

<https://drive.google.com/file/d/10-DaUPgoxR1Y4ZmzuNcPEZHs2Kc0TtD/view?usp=sharing>



**YOUR**  
**Plan of**  
**Action**

**TO BE FIT,  
FINE &  
HEALTHY  
LIFE-LONG**



Link to Plan of Action

HOW TO BOOST IMMUNITY

10 THINGS AND HEALTHY YOU

<https://drive.google.com/file/d/1-agTCyrkrodmuNr3zH033mEH0KEfRMcV/view?usp=sharing>



# REMINISCENCE

1. Trip to Jog Falls

AND

2. Meeting without mask and social distance

Lets hope Pre-Covid days come fast

Sitting fourth from left is our founder president **Late Mr Gyan Prakash Gupta**







# BIHAR YOGA

## Bihar Yoga App

Sri Swami Satyananda Saraswati, yoga luminary and founder of Bihar School of Yoga, emphasized the importance of approaching yoga and yogic lifestyle in its true, integrated form, to improve the quality of life and to facilitate spiritual evolution.

The Bihar Yoga App includes an integral range of practices and teachings from the major branches of yoga, including hatha yoga, raja yoga, mantra yoga, and jnana yoga, which practitioners can use to support their daily practice. A range of yoga capsules are included to meet the needs of people in various conditions of life. Audio satsangs on a wide variety of yogic topics are also provided to expand the practical understanding of yogic principles and how they can be applied in daily life

**DOWNLOAD THIS APP FROM GOOGLE PLAY STORE  
FOR YOGIC ASANAS PRANAYAMS YOGA NIDRA  
MEDITATION AND LOT MORE**

## Traditional Herbal Remedies for Primary Health Care



Link to Herbal Remedies

# WORLD HEALTH ORGANISATION ON TRADITIONAL HERBAL REMEDIES

LINK IS TO BE USED TO DOWNLOAD THE ENTIRE BOOK

<https://apps.who.int/iris/rest/bitstreams/914384/retrieve>





TARLA DALAL  
RECIPES  
FOR  
INDIAN HOME REMEDIES

# Indian home remedies for getting healthier



Link to Indian Home Remedies

<https://www.tarladalal.com/recipes-for-Home-Remedies-371>



# 98 year old Holocaust survivor's advice for a good life



CLICK OUTSIDE  
OR START  
BUTTON TO  
VIEW VIDEO

You must not hate.



ANNUAL DAY WAS CELEBRATED ON 4<sup>TH</sup> MARCH 2021 ON A VIRTUAL PLATFORM FOR THE VERY FIRST TIME



GLIMPSES OF THE  
ANNUAL DAY  
FUNCTION  
ORGANISED

By

Mrs Sudha Ashok

And

Past President

Mrs Aruna Shivasharan







# ONE CAN VIEW THE SNIPPETS OF EXCELLENT PROGRAM USING THE LINKS BELOW

[https://drive.google.com/file/d/1-dUGT6L-fYeibcdGAagX746\\_8em7hEBO/view?usp=sharing](https://drive.google.com/file/d/1-dUGT6L-fYeibcdGAagX746_8em7hEBO/view?usp=sharing)

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<https://drive.google.com/file/d/1LjZtlGRBGwXDfoFWnHdN9t9ejulYQ45R/view?usp=sharing>

[https://drive.google.com/file/d/15Q07J8cWSdHtre8nVpSR7ueyCiKs\\_bOd/view?usp=sharing](https://drive.google.com/file/d/15Q07J8cWSdHtre8nVpSR7ueyCiKs_bOd/view?usp=sharing)

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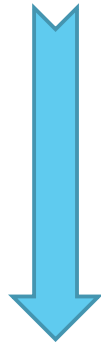
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<https://drive.google.com/file/d/1llwCKAehv2Bh5TzELD2ihnDb3Q3ic9SP/view?usp=sharing>

[https://drive.google.com/file/d/1TRsG\\_emi70sx62oap3M1r1qTw22R05vq/view?usp=sharing](https://drive.google.com/file/d/1TRsG_emi70sx62oap3M1r1qTw22R05vq/view?usp=sharing)

**HHA DIGITAL DIRECTORY HAS BEEN BROUGHT OUT AFTER PUTTING HUMONGOUS EFFORTS BY Mrs USHA SHANTARAMAN WITH MR JANARDHAN SWAMY SECRETARY**

THE LINK TO GET THE HHA DIGITAL DIRECTORY



[https://drive.google.com/file/d/1XuBb6BZticC9p4Xc\\_MmnG6QhHAApWTBv/view?usp=sharing](https://drive.google.com/file/d/1XuBb6BZticC9p4Xc_MmnG6QhHAApWTBv/view?usp=sharing)



**\*A FEW VALUABLE TIPS\* for the SENIOR CITIZENS (both Genders)**

1. Please don't lock the doors of washroom from inside when you are inside. Sit down on a stool or chair and take bath/ shower. Don't stand & take a bath even under the shower
2. Keep a hand-hold attached to the wall near your W C (Western Commode) to hold while sitting on/ getting up from the commode.
3. Wear your underwear, trousers/pyjamas, sitting on a chair or bed. Don't try wearing them standing.
4. When you get up from bed, get on to sitting posture and stay 30 seconds and then stand up near the bed 30 sec before walking for attending to calls, especially at nights.
5. Don't walk on \*wet\* floors.
6. Avoid climbing stool/chair/benches to repair/clean fans, Photos and drying cloths etc..
7. Avoid driving any vehicle alone. Let someone accompany you.
8. Please take medicines as per schedule/Doctor's advice
9. Don't compromise with anyone, on thing which gives/keeps you happy.
10. Please go along with your spouse, when you are going to BANK, MARKET, SHOPPING etc..
11. When you are alone at home, please don't entertain unknown people, and always be alert.

# OBITUARY



Shri Vasant M Desai

DOB 07.06.1948

Left for heavenly abode  
on 27.01.2021

Our Heartfelt

Condolences to to  
bereaved family members

He was life member of

HHA



## EXECUTIVE COMMITTEE 2019-2020

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	+9198456950081	+919845002998

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### From Editor's Desk

**We are happy to bring out special edition of HHA house magazine "Arogya Bhagya" .It is said that "Health is Wealth" , we endeavored to bring out the different aspects of health with special importance to the Panchakoshas .**

**Mostly Annamaya Kosha, Pranamaya Kosha and Manomaya Kosha for Healthy living**

**Looking forward to pre 2020 times soon , Happy Vaccination .**

**Ram NA and Arun Kumar P**

**Editors**

**T H A N K Y O U !**

