

Yoga for control of Diabetes

On 21st June, the world celebrated the 2nd International Yoga day with great enthusiasm. Prime Minister Narendra Modi inaugurated the huge Yoga performance at the capitol Complex Chandigarh - a picture of which is reproduced below. On 20th itself Baba Ramdev had led a Yoga session on Rajpath which transformed it into Yog path.

Yoga had been popular worldwide and is a gift of India's ancient tradition to the world, to live a fitter and fuller life. In recognition of the positive results of Yoga practices, the United Nation General Assembly on December 11, 2015 declared that June 21st as International Yoga day with the support and participation of 175 countries.

On June 21st 2015, the largest Yoga class with nearly 35985 people and representatives of 85 countries, attended by the prime Minister of India and other Ministers from his government, performed 21 Yoga Asana for nearly 30 minutes on Rajpath. The event created two records for the Guinness Book of Record: one as the largest Yoga class and the second for the largest number of participating countries.

So now Yoga is being practiced across the world and Yoga classes are mushroom everywhere – even in small towns and villages. But what is Yoga? Is it a religion? Or is it a physical exercise? Exponents of Yoga or Yoga Gurus do not consider it to be a religion. Nor do they consider it to be just a physical exercise. To them Yoga means much more: it is about self acceptance and self discovery. It is a practice which integrates the mind, body and soul.

Since so much is spoken about its benefits of Yoga for controlling and curing various diseases, I, a diabetic for past four years, decided to attend a Yoga camp meant for Control of Diabetes conducted by the Yoga Institute at Santa Cruz East. Located at a distance of 100 meters from Santa Cruz station, the institute is housed in a two storied building in the midst of flowering plants and tall shady trees. The camp cost was Rs 700 for a day i.e. from 9.30 am to 5.30 pm and included lunch and snacks. The Yoga Institute conducts such Health and Wellness camps in the weekends to introduce the Yogic life through simple Asanas (stretching and relaxation exercised), Pranyam or breathing exercises and a few home remedies for controlling various diseases such as diabetes, High blood pressure and heart disease, stress management etc depending on the camp being attended) and loads of gyan on Positive thinking.

So now let me give a recount, the various sessions of the Diabetes health Camp which I attended.

When I reached the centre at about 9.20 am the place was abuzz with activity > a number of camps were being held for various diseases and seemed to be well attended with a number of foreigners among the participants. We assembled at about 9.30 and were asked to fill up forms indicating, the disease and medical reports such as the pre and post sugar levels, blood pressure diastolic and systolic and any disease such as hernia, piles, ulcer etc which needed to be taken into consideration while doing asanas. A doctor checked our blood pressure and heart beat and recorded it in the form. Then we proceed to another hall where we did some simple stretching exercise assisted by the volunteers –one for each participant. Then after we had a refreshing lemon Jaljeera drink we sat relaxed to hear the Director Hansaji who delivered a talk in a very engaging

manner the Yoga Life style practices narrated , easy techniques which involve diet , rest , recreation, exercise and a healthy and positive attitude towards life and health .

A tip was to start the day with two glasses of warm water and be vigilant about the parts of the body which are affected by the disease: feet and eyes .She stressed on hygiene and explained how the body was to be cleansed, and the skin protected from dryness.

After talk we had a delicious and healthy lunch and about 1.30 reassembled for the post lunch session .Since no heavy exercises should be performed on a full stomach we did some relaxation exercise and followed it with Pranyam or breathing exercises and then followed it by learning how to cleanse the nasal passage.

At 4.30 we broke for snacks and herbal tea .The last session was a revision of what we had learnt that day with a repeat of some important exercises We were also given a booklet(which as priced Rs 80) with sketches and description of various Asanas as well as useful information on diet , positive thinking etc free of cost

.On the whole I felt I had really benefited .I hope my diabetes will now be controlled.

So my advice for my readers is that does please attend a Yoga class and experience its benefits by making the Yogic practices a daily part of your life.