

**REPORT ON A SPECIAL LECTURE ON "HOW TO IMPROVE YOUR
WELLNESS QUOTIENT"**

ORGANIZED BY

**BOTANICAL SOCIETY, DEPARTMENT OF STUDIES IN BOTANY,
UNIVERSITY OF MYSORE, MANASAGANGOTRI, MYSORE – 570006**

By **Dr. Nandini Murthy** Nutritionist, VLCC Mysuru, was organized on **19th July 2022** at Linnaeus Hall, DOS in Botany

Number of beneficiaries present were around 132 members in which 122 participants were students.

The immune system in our body is the collective army of a hundred trillion white blood cells - T cells and B cells, bone marrow, antibodies, cytokines and the thymus gland that help to identify and destroy the millions of microbes that penetrate our bodies every day, and the thousands of our own cells that have become genetically abnormal or cancerous. The role of our immune system is to guard our body against attacks of viruses, bacteria and parasites. Its instant reaction to such dangers is called the 'immune response'. The strength of our immune system determines our body's ability to resist infection and growth of abnormal cells.

Energy Medicine claims that imbalances in the body's "energy field" result in illnesses and that by re-balancing the body's energy field, health can be restored. How yoga transforms our body Improved Brain function, Lowers stress levels, Alter Gene expression, Increased flexibility, Lowers Blood Pressure, Improved Lung Capacity, Improved sexual function, Reduced Chronic Neck/Back pain, Anxiety relief, Lowers blood sugar levels in diabetes, Improved sense of balance, Strong bones, Healthy weight, Lower risk of Heart diseases

Pran Mudra: The union of the Water, Earth and Fire elements. Joining these three elements together in balance, creates very powerful energy as these three elements are the sources of creativity in the Universe. This Mudra is made by two TATVA Mudras together viz. Indra and Prithvi Mudra. **Benefits** :- Effective in Insomnia and Diabetes, removes the tiredness, increase of Bio-energy, Immunity, helpful in Eye problem & Eye Sight, increases concentration and memory, cures PARALYSIS, gives flexibility for all blood vessels, veins and arteries, removes blockages from them, allowing for free circulation of blood.

Immunity Mudra(Bhramar Mudra): Padmasana, Sukhasana, One can do while walking, sitting, standing, lying down. **Benefits**: It gives relief from ADSD Problem, Regular practice of this mudra gives relief from many allergic problem, It enhances our immunity system, It removes toxins from our body.

VITAMIN D MUDRA: This Mudra is also called Sunshine Mudra. This Mudra is made by a combination of three Mudra, so this Vitamin D Mudra has multi dimensional effects on our body. Especially for women who have chronic problem of Vitamin D and Calcium Deficiency. It regulates the content of Vitamin D in our body. **Benefits**: It regulates our Calcium and Phosphorus, It enhances our general feeling of well-being and stimulates blood circulation, It plays a very important role in skeletal development, The immune function and blood cell formation going up by doing this mudra.

Immune boosting foods

Ajwain- Being hot in potency, the seeds are useful in indigestion, gas abdomen and flatulence 5-10 g of seeds can be chewed followed by drinking of hot water. The seeds can also be boiled in 1 cup of hot water for few minutes and the water can be consumed.

Aloe Vera- The antioxidant and nutrient rich Aloe vera is very useful in hyperacidity. 20-30 ml of juice can be consumed in empty stomach daily to relieve

the burning sensation and sour belching. The paste prepared from pulp can be used topically to moisturise the skin and minimise the effects of UV radiation

Amla- The fruit with highest amount of Vitamin C is well known for its antioxidant and rejuvenating properties. Consumption of fresh juice of amla daily not only improves immunity but also helps to reduce blood sugar.

Asafoetida (Hing)- Being hot in potency, hing relieves gas, flatulence and colic pain in the abdomen due to indigestion. It can be consumed daily in a minimum quantity either added in sabzi, rasam, rice preparations or buttermilk.

Ashwagandha- Ashwagandha is often called the best 'Adaptogen' meaning that it helps the body manage physiological as well as psychological stress. It is also known to promote sleep and memory

Brahmi- Brahmi leaves are known for their memory enhancing and stress relieving property. Fresh leaves can be used for culinary purposes or powder can be consumed as such or in the form of capsules

Ginger- Dry ginger is the drug of choice in loss of appetite, indigestion, flatulence and gas abdomen. The powder being hot in potency also relieves cold and cough. The powder paste when applied over joints relieves pain and stiffness

Jamun Fruit- Rich in Iron and Vitamin C, the Jamun fruit is known to be a very good rejuvenator. The fresh fruits as well as its vinegar increase appetite and relieves stomach ache.

Lemon- It is an ancient wonder fruit. It yields numerous benefits in many health problems. Lemon plant is very proven remedy against cancers of all types.

Senna leaves- Laxative action and in relieving constipation. The leaves are also used to expel intestinal worms

Flax seed- Flax seeds are excellent source of Omega -3 fatty acids and fibre. Adding flax seeds in diet can naturally reduce cholesterol and promotes cardiovascular health.


Drumstick- Fruits and leaves of drumstick are used both for culinary purpose and medicine. The leaves are rich in Vitamin A and are helpful in promoting eye health

Onion- Onion slices when fried with ghee and consumed helps treat loss of appetite and indigestion Onions have natural antiseptic property

Neem- A panacea for all types of skin disorders and lesions. It is said to be the best antiviral herb which not only helps check viral fevers

Garlic- Garlic is hot in potency and very helpful in relieving gas abdomen and flatulence. The oil extracted from garlic is beneficial in reducing the cholesterol levels in blood.

Mulethi (Yashtimadhu) - Roots and stem of mulethi are very beneficial in treating hyperacidity, gastritis, peptic ulcers and duodenal ulcers. The powder when licked with honey gives instant relief from dry cough and throat irritation.



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UNIVERSITY  OF MYSORE

DEPARTMENT OF STUDIES IN BOTANY
BOTANICAL SOCIETY

A Special Lecture on
"HOW TO IMPROVE YOUR WELLNESS QUOTIENT"


INVITATION

VENUE: LINNAEUS HALL, DOS IN BOTANY
UNIVERSITY OF MYSORE,
MANASAGANGOTRI, MYSURU

DATE: 19th July 2022; Time: 10:00 AM

To:

For Circulation


Professor and Chairperson
Department of Studies in Botany
University of Mysore
Manasagangotri, Mysore-570006

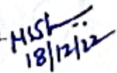
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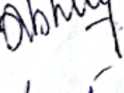
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