

Key to stress free living
A psycho Spiritual Workshop

Why such seminars?

What is stress ?

- Stress in a very simple way can be defined as sum of all negative emotions
- Anxiety
- Worry
- Fear
- Frustration
- Grief
- Guilt
- Anger
- Any others

13.7% Indians are mentally ill, study says

Bangalore Mirror Bureau –(Times of India) | Updated: Oct 12, 2016

- A countrywide National Institute of [Mental Health](#) & Neurosciences (Nimhans) study has revealed a shocking prevalence of [mental illness](#) in India. **At least 13.7 per cent of India's general population has been projected to be suffering from a variety of mental illnesses; and 10.6 per cent of this requires immediate intervention.**

In all, nearly 150 million Indians are in a need of active medical intervention, according to the study, submitted by Nimhans to the Union ministry of health and family welfare on Monday.

Concerned over the growing problem of mental health in India, the ministry had appointed Nimhans to study the mental health status in the country in 2014 to come up with stronger mental health policies.

'Young driven to suicide by competition, stress'

[Malini Nair](#) | TNN | Sep 15, 2014

- *The first WHO report on worldwide suicide figures released last week ranks India on top. India has other worrisome trends -high rate of female and youth suicides. Psychiatrist **Shekhar Saxena**, author of the report and director of the department of mental health and substance abuse at WHO, tells **Malini Nair** that the Indian government has to step in and tackle the suicide surge.*
- There are a number of factors at work. Like Japan and Korea, here too the young are **under extreme stress to score well in schools and get into good colleges**. Then there is keen competition in the job sector. These are relatively recent developments. If this is accompanied by economic stagnation and rapid social changes it could lead to suicidal tendencies.
- It has to be the high rate of suicide in the 15-29 age group. Traditionally , older and middle aged people are more prone to suicide and that is still the case in most developed nations **but if 35% of your suicides come from the younger age brackets like in India that is both unusual and serious**. Why should they feel so helpless at the peak of their life? Loss of life at this age is also damaging for the nation as a whole.

Stress can hurt your bones too

ANAND HOLLA | Mumbai Mirror | Jun 7, 2013

- If you thought you'd heard of all kinds of health problems that stress can cause, there's more. **Stress — anything that surfaces in the form of frustration, anger, anxiety or depression — can be terrible for your bones too.**
- Repeated studies have pointed at how stress adversely affects bone mineral density, which is the amount of mineral matter per square centimetre of bones. Dr Pradeep Bhonsle, Head of Orthopaedics at KEM Hospital, **says stress plays a critical role in slowly, but steadily, bringing about the onset of osteoporosis.**
- "Stress causes acidity which impedes optimal digestion of food. This acidity also hampers mineral metabolism which is vital for bone health. In fact, without proper absorption of these minerals, **even a very nutritious diet is of no use to your bones,**" he says.

Stress @ Work place

ET -Jun 16 2016 : The Economic Times (Mumbai)

- **Stress, which is one of the most common health problems in the corporate world, can lead to many ailments, including high blood pressure and diabetes**
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- **Of all the influences on our health and wellbeing, stress is the most ubiquitous, says Dr. Nagarjune from PurpleHealth. “Stress exacerbates almost every medical condition you can think of.** While acidity, hair loss and depression are commonly associated with stress, it also leads to aggravation of various skin and immunological problems besides accelerating aging. It is highly recommended that people falling under the risk categories or with a family history need to undergo preventive checkups at periodic frequency under the guidance of a physician,” he advises.

Angry people at increased risk of heart attacks

- *Kounteya Sinha TNN -5/3/14*
London: **Scientists have confirmed that hot-headed people with outbursts of anger are more prone to heart attacks, strokes and other cardiovascular problems in the two hours immediately afterwards.** Five episodes of anger a day would result in around 158 extra heart attacks per 10,000 people with a low cardiovascular risk per year, increasing to about 657 extra heart attacks per 10,000 among those with a high cardiovascular risk.
- The meta-analysis found **in the two hours immediately after feeling angry, a person's risk of a heart attack increased nearly five-fold**, the risk of stroke increased more than three-fold

Stress & sloth put Mumbaikars at greater risk of early cardiovascular diseases

Sep 29 2015 : The Times of India (Mumbai)

- **The city's routine of severe stress**, low physical activity and a high junk-food diet seem to be taking a toll on the working Mumbaikar's heart. **A recent health survey conducted in the offices of BandraKurla Complex found six of 10 corporate employees had early signs of heart disease.** Another survey among households from Dadar to Byculla by Wockhardt Hospital, Mumbai Central, showed the average Mumbaikar loves junk food and shuns exercise. The surveys establish the cause-and-effect relationship between lifestyle and the average Mumbaikar's poor heart health.

Types Of Stress

Personal :	Own Health Or Children's Health ,Relationship With Spouse ,Children, Fiancée
Family :	Health Of Family Members ,Relationship With Brothers, Sisters ,Parents, Property Dispute...
Educational :	Studies ,Exam ,Performance
Professional:	Office Politics , Conflicts With Colleagues ,Timing Issues ,Work Profile ...
Financial :	Revenue Expenditure ,Big Loss, Loan Repayment
Emptiness:	No Work ,Good Saving- Feeling Lonely...

Physical Symptoms Of Stress

- **Migraine and tension headache**
- **Neck ache and back pain**
- **Heartburn, cramps or nausea**
- **Breathing difficulty**
- **Chest pain**
- **Increased or decreased appetite**
- **Frequent nightmares**
- **Increased perspiration**
- **Uncomfortably cold hands and feet**
- **Increased sensitivity to light and sound**
- **Ringling in the ears**
- **Frequent colds**
- **Sleep disorders**
- **Uneven, irregular resting heartbeat**
- **Fast or mumbled speech**
- **Withdrawal from social relationships**
- **Bouts of dizziness or faintness**
- **Hives and rashes**
- **Reduced work efficiency**
- **Tense muscles/muscles pain /spasm**
- **Gastrointestinal disorders**
- **Constant pacing**

Are you doing enough ?

- You might be taking some steps already to handle stress ...
- Yoga
- Strict Religious practices /rituals
- Sports
- Meditation
- Special hobbies
- Etc....

Are you doing enough ?

- If with all these activities , if you are still without any major chronic disease like cholesterol , hypertension , diabetes , skin problems , any organ related problems , bones/joints related problems then you are doing well with your activities
- If diseases have started surfacing on your body then please accept that you are already now a victim of stress .
- Acceptance is the key ..if you accept then you can take genuine corrective steps

Human Life

- Every human life is precious and it is the greatest gift from existence
- You as a human have right to live a happy /stress free life
- You must find out a way to reduce stress from your life
- What if you reduce stress from your life?

What if you reduce stress ?

- If you are able to reduce 5% stress from your life then you can prevent attack of many future diseases on your body
- If you are able to reduce 10% stress from your life then you can eradicate few of existing diseases
- If you are able to reduce 15% stress from your life then your life become a celebration

Biography –Wellness Coach

- **Dharmesh Shah is a B.E. in Computer Science and Director of ‘Multilink Systems Pvt Ltd’ . He has been engaged in IT business since past 27 years.**
- **During past 15 years ,He has gained intense spiritual wisdom from His Living Master Shree Shivkrupanand Swami as well as other Spiritual Masters .**
- **He has acquired substantial knowledge of psychology & Medical science by interacting with many Renowned Doctors**

Biography –Wellness coach

- He is associated with Yog Prabha Bharti Seva Sansthan Trust (India) since 2000.
- He has designed and developed series of ‘ life transforming wellness workshops’ based on psychology ,philosophy , spirituality and most importantly own life experiences .
- All workshops are conducted **free of cost**

Biography –wellness coach

- **He has delivered 350 + workshops covering 20000+ participants .**
- **More than 5000 doctors have attended his workshops till date .**
- **Many participants including doctors have confirmed positive impact of these workshops on physical and mental wellbeing.**

Upgrade quality of your life

- JUST FEW WORKSHOPS NEEDED TO UPGRADE YOUR DAILY LIFE EXPERIENCES
- THEY ARE SPECIALLY DESIGNED FOR INTELLECTUALS WHO USUALLY HAVE HIGHER REASONING POWER AND LIVE WITH HIGHER MENTAL DISTURBANCE

KEY TO STRESS FREE LIVING

- IT HELPS YOU IN REDUCING STRESS FROM DAILY LIFE
- REDUCED STRESS CAN BRING DOWN THE CURRENT DOSAGE (MEDICINES)
- REDUCED STRESS CAN PREVENT FUTURE ATTACKS OF **NASTY DISEASES**
- REDUCED STRESS CAN BRING **PEACE AND HARMONY** IN YOUR LIFE
- THIS WORKSHOP BRINGS CLARITY ON MANY EXISTENTIAL QUESTIONS

Key to stress free living

more on dharmeshshah.in

- **Contents:**
- Stress –definition –reasons
- Brain waves and stress
- Basic techniques
- Fundamental law of science
- Spiritual techniques
- Risks involved in medical profession
- Extra precautions for doctors & medical staff
- Meditation

Key to stress free living

more on dharmeshshah.in

- Basic wellness workshop
- Psycho–spiritual fast paced interactive workshop
- Duration – Just 3 hrs
- **Cost - free**
- Language – English / Hindi
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Testimonial

- *I found this workshop very interesting. Dharmesh and Sonali have taken care of all aspects of stress and they teach very simple and innovative ways of dealing with them. They explain scientific base of stress and healing which clicked with my logical thinking. This is an amazing workshop. The solutions are very simple and when one starts to use them in daily life – one feels centred and peaceful – which I feel is the first step towards spirituality.*
- **Dr Hema Shah ; M.D., D.G.O.**

Testimonial

- *For me retreat was a wonderful experience . Had attended two other retreats in past and also 1 St level of art of living but the logical reasoning for every technique explained by Dharmesh Bhai is unique which usually is not discussed in any such courses. I enjoyed every minute of the workshop. Have started telling my patients parents about prayer of panchmahabhuta and affirmation for improvement of their kids and diya and salt water experiment.*
- *Thank you so much Dharmesh Bhai and Sonali and also Dhwanil*
- ***Dr. Maya Nanavati ; Senior Occupational Therapist – Physio Occupational Speech Academy of Therapist Foundation (POSAT Foundation)***
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for more information -visit website

<http://dharmeshshah.in>

Thank You!