

Dr Hansaji Yogendra |Yoga Changed Her Life| Morning Routine @theyogainstituteofficial

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SUMMARY

Dr. Hansa Yogendra, a renowned yoga guru and director of the Yoga Institute in Mumbai, shares her journey and insights on the profound connection between the mind and body, emphasizing the importance of mental well-being for overall health. She discusses her childhood aspirations, the role of yoga in managing emotions, and practical advice for maintaining a balanced lifestyle.

- *The mind significantly influences the body; disturbances in mental state can lead to physical issues.*
- *Yoga is not just about physical postures but primarily about mind management and achieving mental peace.*
- *Early education and a disciplined upbringing fostered her interest in yoga and holistic health.*
- *A healthy morning routine is crucial for setting a positive tone for the day.*
- *Parents play a vital role in shaping children's health habits through diet and physical activity.*
- *Communication and emotional support within families are essential for navigating challenges, especially during adolescence.*
- *Yoga can help alleviate various health issues, including those related to hormonal changes in women.*
- *Success is defined by personal happiness, health, and the ability to positively impact others' lives.*

that how mind supersedes body and then I realize that if mind gets Disturbed body is going to get Disturbed if mind is upset tense if you are angry it's going to affect you you always know tell me about your childhood and growing up years I wanted to become doctor and if I don't become doctor I would be a musician I'll sing and later on when I was into yoga I said yoga or singing it was going side by side in my

personality I came to this institute the yoga Institute my father-in-law was running my husband was there they said come on we'll teach you I asked him what are you going to teach me asens pranayams meditation I know everything I was very bold within 4 months I was out of this whole ASA business now that is a history I could see in my personality myself how mind plays a big role in our health everything depends upon what life

you want okay so now we come to a fun part you just have to answer in one word if yoga was a fruit what would it be I think I know an answer s Sund available all year round and so many benefits favorite movie my favorite movie was that Anand picture favorite song of all time parenting tips celebrity interviews recipes conversations with experts DIYs

and lots more subscribe to kidstop press now as we begin 2025 I am sure we're all striving to lead healthier happier and more balanced lives and who better to begin our 2025 with someone I've deeply admired she's a

very familiar face on YouTube and she is your go-to person when it comes to everything yoga and living a more balanced everyday life today I'm going to be in conversation with Dr h

yogendra G she's an Indian yoga Guru an author researcher counselor YouTuber and a TV personality she's someone we've all watched extensively on YouTube and on television and she's also the director of the yoga Institute Mumbai the oldest organized Yoga Center in the world founded in 198 she's also the president of the international Board of yoga and the chair of the yoga certification

committee for Quality Council of India she has received the Bharat gorov award for her extraordinary contributions to the field of yoga and it's my absolute privilege to have Dr Hansa here today with us thank you ma'am introduction do you ever feel this they're talking about me does it come like I did not know I wanted to be this no know in yoga we always say

whatever the situation is accept and accept it happily don't struggle with it what is right what is wrong we have to go beyond it right so we just uh enjoy every moment so did you always know in your childhood we all know this amazing Persona that you carry by the way for everybody who's watching listening she looks even more radiant and More Beautiful in person than when you actually see people on camera uh so so

you have to have the privilege of meeting her in person to know exactly what I'm talking about beauty lies in the eyes of Beholder let me tell you but ma'am did you always know like tell me tell me about your childhood and and growing up years see in childhood childhood was like this that I was from a very rich family parents were very rich and we had a big place and so my father in Bombay in V

parley so my father was very much Keen that we all should study so he would wake us up me and my three brothers I was the youngest wake us up at 4:00 get up at 4:00 and from 4: to 7: we have to study strict means strict father was when I Grew Older I used to call him Hitler because when you are young you have you listen you don't question father says get up get up sit sit do

some ass do some assens he would make us to do ass and P meditation everything during childhood and whenever I would do Mischief what was a punishment stretch your legs touch your head to your knee it's called pasim a very strong posture go ahead half an hour we are in that posture so like that was our punishment and it was fine we were enjoying because body was flexible and then we were made to play so used to play volleyball ring

at that time cricket was not that popular these things net and playing badminton so playing then drama acting I was very good in acting in sense in schools you start so on stage some or other character you take and you act and singing singing dancing so all these extracurricular activities what now we see they were all instilled during childhood so in the personality all these things are there I love music I I

later on studied did classical singing and um satar I did quite into deep so at that time also I was feeling I wanted

to become doctor and uh if I don't become doctor I would be a musician I'll sing and later on when I was into yoga I said yoga or singing it was going side by side in my personality so yoga came into the picture when I grew big little bit and that time I started having a

breathing trouble okay this was how old were you 16 17 yes 17 16 17 breathing problem cold cough sinusitis asthma running nose sneezing all such stuffs and it was like allergic uh reactions to certain things and then for that I came to this institute the yoga Institute my father-in-law was running my husband was there they said come on we'll teach you so this I asked him what are you going

to teach me assens pranayams meditation I know everything I was very bold Fearless personality so okay so founder thought for some time and then he said okay then join teacher training class so in teacher training class then I heard that how mind supersedes body and then I realized that if mind gets Disturbed body is going to get Disturbed if mind is upset tensed if you are angry it's going to affect you so this I said I

never worked on and I used to get angry for little little things somebody would not behave properly I would just snap at him in the college oh you look so fine beautiful I love you and I would say what do you mean do you know the meaning of love that you are using this word and I would argue and really get such thing then I started watching that yes 20 times in a day I'm getting irritated or

upset or getting angry or disturbed or I'll have to work on myself and I started doing that really washed my mind negative mind out I really was very strong into this and came out of it and I tell you within 4 months I was out of this whole ASA business now that is a history I could see in my personality myself how mind plays a big role in our health in our personality and it's not

just personality your behavior your management with others every human is simple by itself human has their own nature their own habit their own way of functioning in life and uh somebody shouts and talks somebody hardly talks somebody talks roundabout somebody speaks lies very easily somebody plays politics all such varieties are there in the world it's very easy to get upset and Disturbed but

now you enjoy every namuna and don't get upset so I learned with hard suffering of breathing because whole night I would be up with my breaths I couldn't even sleep couldn't lie down because of my heavy breath and then I came out of this whole thing and I realize that we have to work on our mind so here is the subject yoga which deals with mind mind yoga means mind management so it deals with mind so then I went in deeper and

then I decided that yoga is my aim I will be going ahead to help people because people don't know this they just know yoga is standing on head and doing Su namaskar and this and that that's what they talk about as yoga but yoga has to do mainly with mind management and so you do anything in yoga it is for your mind that you are doing making your mind steadier quieter balanced and

ultimately happier right so that's it does a stronger mind mean that there's also Detachment Detachment slowly

comes with wisdom it's not aloof aloofness is wrong you have to be intensely doing your job in the world you can't be but it is like wisdom in sense when you go on doing your duties in life because you are born you have your duties you go on doing your duties

slowly slowly by doing your duties you realize that getting disturbed by these and these things will not allow me to do my duties well and if I'm I have a child and if I get upset if child is sick I get sick then it would be wrong I won't be able to help child yeah and so I should learn this Detachment which we call as Vaga bring this little bit that it's not my child who is sick it's a child and

when a child is sick what am I supposed to do first of all keep a happier atmosphere around and don't make it so gloomy try and see that you give medicines or time do whatever is required according to the sickness but not get upset because that will make me weak and I won't be capable to handle my child's sickness or so this wisdom comes in so slowly slow you get do your job well but get with objectivity we call it

Detachment objectivity seeing things as from a distance and not so closely that you get affected when that thing gets affected so that has to happen so that happens so in yoga we always say there are these four stages first is Dharma it's your duty to maintain your balance so sit quietly very often and make your mind little peaceful and be with yourself for some time and then with doing your Dharma you get knowledge Gan

you get more and more knowledge you once you burn your finger you get a knowledge even if you don't want to get a knowledge that this is not the way to be near fire this is not everybody is growing every human and experiencing and growing and getting knowledge so more and more knowledge more and more objectivity comes comes dhan and when that comes then you become very very free away then nothing disturbs you

nothing bothers you you just flow with situation and that comes so these are the phases of life and that occurs right did you ever think that what you started out when you joined the Institute with the vision to help others did you think that what are people going to think am I going to be successful typical you know 20 25 year olds all of us go through this as parents we go through this

field will my child be successful in this this will they be capable and independent of managing did all those fears and thoughts come into play or what happens when you're so sure in your mind about what you want to do well when you put one step that one step guides you whether to move in the same direction or take another Direction you should be open to change the direction you want to do something

but you find it's close you can't move much further take a different route so this has to happen how river flows it's a big Rock River finds a way to come out and but river flows so this has to happen in life so I never think whether I'll be successful or not first thing we all should know that we all should uplift ourselves always we all should love ourselves first accept ourselves

first and uplift ourselves first don't allow to put your B down into negativity and depression never do that come up

and praise yourself whenever you have done anything good come on Pat your own back world is not going to do that world will there would be in world people will say what have you done nothing stupid somebody say it was okay somebody say it was very good depends with whom you are

you are not dependent for your success on world or what people are talking about you should be judging yourself you should analyze yourself and you should give little encouragement to yourself right that has to happen so then whatever you do you have thought of you have planned you have done everything to do something come on go ahead but you are a very sure confident person everyone's not like you then how

do you how do you encourage them to be the best versions of themselves you see if person is not that confident person must take some help if you don't know know anything you should definitely ask and don't be shy now that would be too much ask find out who can help you and what can be done ask for help that is 100% you should be

and in any case whatever we are doing if you find that somebody has done it and he done better you should definitely ask that how can I do better so here person has to be in a learning State yeah humble respectful learning state that is first and second he has given some answer and you don't agree to it you you don't think according to you it is right first of all analyze discuss dialogues are very important but if you

don't agree you can say that I don't agree here any other way of looking at it go ahead and but don't be rude don't be argumentative that it stops the conversation and then in case you don't like it don't agree is one thing but like it comes to that level that you just don't like it it's not you yeah it's not you then uh you can say that this doesn't I don't like it yeah so please you have to

say truth don't hide something and say something you don't like still you smile and say or if you don't agree still you say yes yes yes such double mind doesn't work be very very clear right that's that's how you should be looking at yourself knowing yourself and then dealing with others and in World there are people who would be there to help you there are people who who are there to stab you from behind also you should

identify who is who right and accordingly function in life even in a family I tell you you have to identify who is who and accordingly you have to function right tell me from running a yoga Institute to being in front of the camera to posting videos understanding formats to being guests on so many shows how did the online version of Hans happen I'm doing nothing it's the whole team see how many people practically

more than 20 who are very much into when some one version comes on YouTube 5 to 7 minutes talk one thing I have made it clear to everybody that it has to be short and crisp people don't have time to listen to long long sermons nowadays now the world is different long long lectures and all that no short and crisp my husband was very much in that very much any question he would answer in two lines three lines not more than that but

then people would not still understand so he will look at me so then I have to explain so we both as a team yeah

we functioning like this throughout our life 50 years together and throughout our life I mean as a married yeah but uh so you will have to in YouTube now I have found out that people don't have much time one or 2 minutes is fine or maximum 5 to 7 minutes not more than that so you will

notice my YouTube talks are also short and crispy to the point not too much and I believe truth is simple you doesn't need too much of words around say exactly what is to be said so this is how I can manage with all the people around me and I believe that um any action you do you are always helped by so many even a food you eat just think of it how many people have worked for it

that's why you get a piece of bread or piece of chapati our life is totally interdependent so that we should not forget and we should rather take the help even for walking I always take the help give me a hand and I hold the hand and walk so that by that time we do counseling also in my you know I walk also whole day I'm doing this here right right did you ever feel that who would

want to listen to do those did those doubts come into play like who would want to listen on yoga who would want to listen to a 75 77 old we have to come to their level to whom you are talking when it's a group of children your entire talk would be nothing else but some more other stories yeah make it very clear otherwise child is not interested in lectures So Stories and stories

attract even grown-ups I have seen one or two anecdotes and stories that they remember right otherwise they forget good good things they forget so talks have to be interesting when you say so my talks are full of stories examples jokes then people like it right and in the classrooms when I have to talk so that goes on to whom you are talking what is the

level Housewives I'll talk in a different wayb I'll talk in a different college going children the lecture would be different same topic but the the way do you put across would be different lesson would be different right in your videos you've spoken on the importance of morning routine and and how it's so grounding for you and i' I've seen those videos um can you share with us that is that the only reason why you are so radiant and so full of energy I feel

you had that for for that routine forever it has gone into your personality you don't have to even think that now I have to do this this this this in the beginning years the timeable is there automatically the moment you get up first of all you thank God thank you God you are there with me and that feeling that God is there with me I'm not alone and God is there uh to give me all the strength energy and support

little that feeling and then look at the sky and see that you are part of the whole universe and not just yourself so don't be me and mine and selfish do everything for the world the universe has to come with you and you are taking energy from the universe so take few long breaths it becomes very natural if at all sit and um pray for 1 minute but yes remember and then main thing is your Duty now the

duty towards your body so right in the beginning long breaths yes but then stretch your body move your limbs here and there whole night you were sleeping so body is stiff and as you grow body becomes more and more stiff so movement body has to be active mind has to be quiet yeah this is how it should work so so some ASAS some stretches some movement focusing on stomach because you have to evacuate your bubbles yeah and that you

should do perfectly that would keep your body healthy so you do that never get up and watch the phone mobile this mobile has created such a big problem nowadays B walking watching keep away I keep it away from my bed I don't keep it with me and or it is it by cupboard only I don't see till uh two at least 2 hours later on then I

check what is what but you have a group if there is an emergency somebody will phone me and tell me or contact me in any way yeah but yes it's like that so these morning routines and then drinking definitely a glass of warm water because that's the energy you get from the nature water yeah food water and egg these are the three things required for survival

right water has to go into your system whole night it has become so after drink when you drink water drink it nicely because it's very much important so let it be warm and not good good good good just hurry hurry that don't begin your day with hurry Rush yeah so get up little early so that you don't have to rush and even if you have to rush drink two two sips of water but peacefully right and not whole glass so this is how

the day begins then evacuate your bbls then your face massage gums clean your tongue and all those stuffs in yoga we talk about hygiene oral hygiene yeah little mouth exercise face exercise automatically happens and the best face exercises keep smiling all the time which I believe we should be and uh then day begins you have your then walk little bit in the house meet

everybody who is who hello hi I'm living in a joint family my family is Big you've spoken about the importance of silver I I saw the video where you and I want to know I mean we use a lot of silver very silver vessels to eat to drink and uh you know we had recently shared about the benefits of silver but I'd love to know how it works for you no no this was just uh uh there are vessels

which are most uh important for health and everything is something which is Earthly so one is of course the vessels made out of soil mud yeah but that is not so practical for us then the best is gold and then silver silver they say that gold coin also you can put it in your mka so it effect would be there if you have a p yeah silver vessels do we definitely

have in the house so glass silver glasses and silver cups and this and spoons so wherever possible use silver metal because that is a great conductor of heat goes very fast in the glass also so when you put water inside silver definitely has its the movement in the water every cell in the water is getting charged because it's a great conductor fast conductor of heat so that gets

charged and that helps us also to give us instant energy and silver gold is always healthy for your metabolism too and so try and uh use as and when required tell me that why are there some people who feel low and do not wake up early and then there's the other side of us some of us who find it very easy to wake up in the morning and we have our cardiac Rhythm as we call it very set

how are that there are these two types of people see it's is not two types there are many types but there are these four five types which yoga talks about five types of people yeah I'd love to know that okay these are the words in yoga we are using chit the State of Mind ch five types of mind and first is a totally wi Shi the Mind where lots of thoughts are coming in the mind and

person is totally busy thinking thinking but doing nothing dull second mind is a dull mind lazy mind you want to get up somebody behaves rudely now you get hurt but you don't come out of it and say come on now he behaved rudely why should I get hurt and uplifting yourself thinking about it you do nothing but everything is fine so you are happy things are bad so you are sad so you are as if puppet in hands of everybody or

the world that is dull mind third is Wick Shi the Mind occasionally you become steady but still you are busy with thoughts mhm like these abset minded professors when they have to give lecture they go do give lecture but then they don't even know which station they have to get down right so such type of mind and majority are like this when if something is interesting us then we are focusing but then mind is busy thinking

again no way we steady our mind unless we work on ourselves so these are the last these three where yoga even can't be taught to these people then comes the fourth mind which is called as focused mind eag mind eag whatever you do you do perfectly with focused mind and then comes the last mind which is the Blissful state of mind just just you don't even bother about thinking you just flow with situation whatever is

required you think do and leave it don't carry forward the thoughts of the past so that is nud mind so these are five types of mind we moodra and N so as you mentioned some are very dull in the morning so these people have to plan their routine in such a way that they have to at least take interest something to get up something which should make them so I

always tell such people that your friends who are energetic call that Fred so that he rings the bell and wakes you up and come on let's go for a walk you need help yeah you need little support of such people who are little active then you slowly will come out of it and then that will become your nature you'll have to work on yourself too much thinking thinking quieten yourself so come on stand on one leg mind would be quiet

yoga techniques work wonder yeah take one long breath so breath and mind they go together so that's where it helps so this is how you have to learn and work on yourself focused vde is divine which is required and then it reaches to nut right we have to work we have to give them the Tim table dull type of people what they should do first of all they should sleep early Yeah by 9:00 or 10:00 late

but like now I'm sure and you have seen this as well we all speaking about this but there is a gap between listening and action yes how do we help these people bridge the gap I find that the toughest and I think none of us have cracked that that state of making people from knowledge to action I know people don't don't listen carefully now

listening selective listening yeah yeah so then you have to dialogue then we are going to meet at 4:00 fine I tell you what did I say so you will we are going to meet 4:00 now here reputation is required yeah asking is required and basically certain things which are very important for us that you have to go out on a particular time you have to catch the plane or the time has to be registered what time because of that you will get

up so I'll ring you up but dialogue dialogue repeating asking what did I say right or what happened this happens very often with our helpers who are there in the house we tell them do but then you didn't tell forgot such things I have seen so we have to check whether somebody is heard or not ni they are very funny funny things very often um people say I have you have not said anything I have said so many times there

is a joke about it that a man goes to doctor and says I my wife doesn't hear only your hearing is very poor so doctor says how far she can hear says go and check it you go in the room where she's in the kitchen so go in the Next Room and from there you call her and uh see whether she can hear so go on distance and see how far she can hear properly and so on so that said okay so he did

that darling what are you cooking he was in the Next Room darling what are you cooking today no answer so he came closer what are you cooking darling no answer he comes still closer what are you cooking she just looks no answer very close what are you cooking four time I have told you that I'm cooking pudding why can't you listen now who is at fault that fellow can't he

yeah she is talking but he has bad hearing so very often it happens that my attention is not there yeah but I blame somebody else that he is not listening properly so if we have to do something we have to check and recheck there is no other method with that person and I always always say that when you speak somebody should be in a listening State he is working and you are saying something mind is not there so unless he

should stop face to face then say then talk now yeah so you have to be clear to whom you are talking in what I'm sure a lot of mothers will agree with you because we feel like we're constantly giving instructions and then we're questioning why our teens are actually not listening to us but either they're not receptive either we're talking at the wrong time yes or we are always like an instruction manual where we are only

giving instructions without without that relationship and that Bond where they feel like tell me from this time that you started you know from you as a teenager who looked Inward and said I want to do this and you were facing allergies and things like that to two girls today who are 13 14 15 who are very you know the the definition of ailments has also changed we were looking at maybe cold

cough fever asthma uh allergies to today talking about teenagers with pcod PCOS thyroid uh anxiety [Music] depression how can a parent help the child navigate that journey of changing bodies changing emotions and when and a lifestyle that has led them this far see parents have a very big role to play parents should know that their

house should have certain healthy things first of all and not unhealthy things first of all parents should understand what this disease is yeah pcod or many poly ovaries are CIS come the period pains and aches during period menstruation Prem menstrual tension and mood swings and and so on so forth and migraine headaches and parents should first of all know about disease well they should study it well right the

causes of diseases and everybody's going to tell and now is to definitely doctors and everybody knows that the main cause is our food number one wrong food so if in your house lots of chips packets are there and varieties of Lady B products are there open the bottle and drink and open the packet and eat then children are going to have such habits but if in the house some healthy snacks are made

some the healthy food is made which children would love to eat then that would be a different matter so the house should be full of Healthy Junk is there but it's like a side dish little bit come on I'm eating in uh two three Wafers I also munching to feel fine but it's only little not too much that you can finish the packet but as far as possible don't bring these things because people don't have control over

it so you should have what is called as Maas you should have Chana you should have puffed rice B ba type of a things and you can make some fried stuffs also in the house like por CH varieties of such bottle should be filled with these things in the house so food is a very important very important that parents should see to it that they also have a healthy habits it between whenever you feel thirsty you must

definitely have lemon in your house and make a lemon juice quickly it's healthy for everything for your skin for your internal organs for your heart for your lungs for your liver everything lemon is very good so they should have lemon juice whenever they feel thirsty lemon juice instead of having a tea so first of all parents have to improve their own habits and all that second try and see that communication is strong and try and see that with kids some physical

activities are done which I was telling you in my childhood we did quite a lot sitting and on mobile or on computer that has become our lifestyle now so long sitting means your lower back is always compressed your kidneys are always compressed your liver everything doesn't have a proper place to do its job well it's crumpled inside and so we are supposed to walk very often be physically active so parents and children in the house should be playing

nothing a simple Ball come on play with ball I'm throwing you catch you throw here I'm throwing from behind you can be very very creative in physical activities or table tennis come on take a ball and run or a ball and bat and do something so all such things in parents and children's Bond should be there of that type and sitting at some yoga games I always strongly recommend yoga games like what for developing your lungs so

you are lighting a candle and keeping the candle here and then blowing off the candle then distance little distance further blow off again and distance further blow off again balloon floating balloon playing with balloons trying to take a glass now this is also interesting take a glass of water fill water half it should be glass water and then put a straw inside and then usually we suck but here you are blowing out so

bubbles come the opposite person will count the bubbles they should come very smoothly and not stopping stopping and coming that means you are not breathing out completely so improve this area that also works keeping a book on your head and walking straight walking on the side book or anything so balance mechanism all such is very interesting games and many such things spoon and lemon instead of that keep a book in your hand like this and come on and walk

different close your eyes and go straight and so on so such GES you should play in the house and people should really they would love that would be and that would be some laughter mean some jokes just artificially laughing I'm not approving of that but we are not stupid people just to laugh like that there has to be some reason for smiling yes you keep smiling that's your nature but uh jokes so some or

other jokes and would work wonders so everyone in the family should come with two two jokes and meet in the evening like a home work so such things works wens and then some reporting time for the family that today what what happened child will say what happened in the school who bothered who did that father will say it's not that the children are stupid they get affected and parents are not parents are equally affected on the

road if somebody's overtaking you from left without giving signal you are getting little Disturbed and so on so you should be very openly sharing if children are above 9 10 then the equal sharing should go on before that methods are different but uh so such things are important and I'm sure uh all these things are taken care of and in yoga there is there are always certain body

movements which you can incorporate to help that area which is affected right after doing you the coming in the yoga classes here within 2 months all the pains and aches of periods and all that vanish because you automatically relax every muscle of your body with yoga with yoga you are relaxing every muscle and increasing circulation to that region right so automatically all these problems go and then why Migra and headache they should there has to be

some intellectual discussion nowadays in Google you can find out symptoms of this disease why treatment and so on so treatment of course medical we don't have to bother but what can I do definitely right things have become more knowledge has become more accessible people if they want they can get the knowledge so if the family together is uh helping each other out that would be wonderful right to to sum Summit up it

will be less packaged food more home cook food a lot more games a lot more connections reporting time like you beautifully said I think I absolutely love that and of course um movement and exercise right which is which is um an absolute must uh at the same time and then emotional handling no so communication with each other right a girl is getting disturbed because somebody is bothering her now she should come home and be able to

talk about it

yes so you should be friendly you can be friendly only when you crack jokes or when you play with each other then you'll be friendly then they can talk or reporting time they can talk right um tell me at the same time we also see women today who are also delaying um their pregnancies assuming that child birth is within their control um anything from a yoga perspective that can help them or uh you

know they should go with the body clock that the way it is progressing ideal time to get pregnant of course is uh very clear around 25 definitely we say no you go into grast after 25 till 25 you are learning brah but nowadays it doesn't happen people go ahead 30 35 40 and then they plan to get married and then child well nothing is wrong if your body

body is fit at any age your body can handle any situation body has tremendous capacity and woman's body also has a capacity to Bear Child body is structured for that but if you are taking care of yourself if you are yourself heavily obese and have this type of a b dull mood then it would not work so all these good things have to be done early quickly and you have to keep yourself

fit that at any age you can handle any situation let me tell you in our country even at the age of 60 mother is getting pregnant and her child her daughter is also both are getting pregnant yeah but that pregnancy continues no so many deliveries they have done my point is this that keep yourself always in a good State fit and then you don't have to worry whether you want a child or not but in yoga philosophy we

say whatever action you do think before you do your action so why marriage why child and so on think and then plan and go ahead right also as we move through the stages whether it's pregnancy child birth and then of course the the per menopause and the menopausal age right and we get a lot of women asking us questions on you know whether it is about brain fog or whether it is about

you know uh increasing weight or it's about a frozen shoulder or is or it is about cholesterol levels increasing anything from a yoga perspective that you can advise to women in the mid to mid 40s to mid-50s very often I have seen women they neglect themselves they have a fever but they will not sit and sleep because child has to go or husband has to go she'll get up and do the thing she wants everybody to

attend but then she has to First learn that she has first Duty towards herself that is one area second that uh you don't need to spend too much time on yourself you bring all these yoga technology what we say is in your day-to-day routine like the moment you wake up come on stretch your body little bit lift your legs up and all that at least 5 minutes you have attended to yourself when you are in the bathroom

when you are doing bath bath exercise you know be active at bathroom and uh you can bend forward backward go sideways twist all the are so many yoga you can do in bathroom if First Learning is important but once you learn you call it yoga or body movement whatever be be active and everything has to be done actively then in

between listening to your body

language in between if you feel you are little feeling sleepy or dull lie down and relax oh at 11:00 how could I sleep or you can sleep 10 minutes of deep relaxation exercise what we call a Shas on the you'll be able to rejuvenate again I tell you just close your eyes and sit quietly you will feel fresh yeah but should be done or if you get a chance to lie down for 5 minutes lie

down with your legs folded so that your spine gets rest and breathe from stomach diaphragm breathing so such things ladies should be doing at menopause time nowadays people have lots of problem at our time my mother doesn't remember what when menopause came and went in my case when menopause overthinking it and over talking about it too much if we have learned how to handle our emotions I am getting little irritated I better be quiet I sleep

little more or I go and watch some movie and come entertain myself and eat something which I love to eat my mood would be fine I should know how to handle my mood rather than getting irritated and snapping and everybody in the house so this awareness has to come this uh decision has to come that I have no right to shout at somebody if I am disturbed it's my problem nobody else's problem woman has to know that and so

she has to handle her emotions then at menopause she will not have any trouble all these things do happen 100% because hormones are quite disturbed at that time but you should know how to handle it which you are handling right from the beginning after your marriage itself or after child's birth how much you have to go through upside down yeah you can't handle with bad behavior bad mood your child's life you can't do that

so if you have trained yourself then at menopause you will never have any problem it will just come and go right right also um you know in a world an era where everybody is talking about weights lifting weights and having more protein how is Yoga going to hold its stance and how are we going to tell people that it still has immense amount of benefits and it can coexist if not be the only

practice you follow everything depends upon what life you want if I am too much into public and physical life like actors and all that they will have to spend time on their body for 6 seven hours yeah at least 4 hours 5 hours definitely on their body so lifting weight doing running climbing gyming even all gyms now they want

people to be flexible yes because with gym your flexibility is gone and if flexibility is gone you will break yourself so stamina flexibility and so yoga is very much yoga postures and the breathing rhythms they are important so nowadays even in gyms they have started teaching yoga too yoga technology not philosophy psychology but technology so they do all these things but I

I at my time I don't feel that I should spend so much time on my body I would rather spend time with my kids with people around or with uh my work over there so then my priorities would be different right so accordingly I have to decide how much time and what then that that body should look this this this that should go away

from my mind I should be enjoying every moment of my

life I should be healthy happy flexible I should have good stamina immunity High and I should have capacity to handle my mind but today everybody wants to look like a film star that's the problem they have to spend more time and then forget about children forget about husband wife relationship you will have to spend time just just to refresh they feel that yoga will not be able to make them look like that no no so then they will have to

resort to non Yogi techniques which are like doing stren training and piles and doing this and that how much how much they will do body itself will tell you see listen to your body language so one fine day some muscle pull occurs one fine day some fatigue occurs in some area so all these things occur I see people and doesn't see as long as you have no problem continue continue whatever way you want to and eating keto

diet and this and that I not in all these are temporary patch patch work in your life systematic work a permanent thing would be different yeah okay so let's talk about the permanent work let's talk about the perfect diet well perfect diet means you want me to tell you everybody knows what is good and bad homemade diet but your morning breakfast should be good I mean every time it should be good but one rule is very much

clear that we eat four times in a day or we eat twice a day and in between snacky stuffs or fruits either of but open your mouth four times in a day and in between fruits so breakfast has to be protein so am much five Al soak overnight and have one or maximum two walnuts a cro then it could be two three or four cashew cashews four pistachio and

raisins apricot if this group is there with you then all this group should be soaked in water U figs that will keep your intestine very clean figs um dates if you want in the morning because it's full of energy so all such stuffs in the morning or the best other alternative is ground nut supposed to be the badam of middle class people or re and ground

nuts every time armor is not available then eat ground nuts and children definitely should have ground nuts a handful of ground nut in the morning ground nut not those scar sing it should be cooked protein doesn't get destroyed by cooking so it should be cooked and that becomes easily digestible and absorbed so that would really help children to grow well and the Brain also would function well good for lungs good for

liver good for heart good for intestine it is good for everything so ground nuts has to go another thing which are these seeds so these seeds like uh chia seeds or seeds like uh so many other seeds are there pumpkin seeds sunflower seeds and yes um a spoon of that if it goes in the morning you chew it up just roast it nicely and chew it up so that would be find you can make dishes I have given

few dishes also which can make but f as quick as these seeds which you can and that really takes care of the protein and all that in the morning ground nuts and then till till is again a seed which helps after food having soft varali soft roasted and chewing so such habits you to form food little bit soft you chew it up so that helps in

digestion and so on so forth so that is one and some liquids

rule is that with solid some liquid has to go in your body not just solid liquid and if you are too much in a hurry and tended and all that just take liquid don't take anything else just a handful of any of these and go so in morning you what liquid you will take what you had it now herbal drink so such herbal tea ginger must go in your body means it has to go among all the spices the highest value is of

Ginger Adra grate it boil it in water or use it in your food cook cooking dishes also and uh Tulsi leaves are supposed to be very very Heavenly so take Tulsi leaves take um mint leaves pudina supposed to be very very refreshing and so these things you should boil we had only and green tea leaves which we call as a lemon

grass so these are very good herbs of our country and where whatever is available out of these things you should just boil in water and in that you can add milk here you can add milk or you need not don't want milk then don't but milk is required for grown children you see the calcium part of milk gets absorbed in body very easily you may take any amount of calcium tablet but all the orthopedic surgeons will tell you that milk should

be going into your system milk so that has to go so a glass full of that such a cup or one more cup two cups in the morning breakfast with these things that should be your breakfast and if you want to eat something more then there are other things like ragi make a pudding out of ragi Poa opma idly dosas all these South Indian dishes are also very good because they are fermented they

they are fermented and so they are very much rich in B2 B6 B9 B12 vitamin B and so that is required in body and you can make it healthier by using proper rice uh uh which is called as parboiled rice or unpolished rice in itly dosas and all that so that becomes still more healthier but this is how a dolas of gujaratis they are also you know fermented so such things could be taken

this this is breakfast so many varieties out of that whatever you can make it oats are good of course oats are good mix cereals mole whenever I go abroad I take mole which a mixture of all these grains and nuts and all that so these things are available then lunch but in between breakfast and lunch separately having fruit dish fruits would be fine and we talk about three fruits very strongly uh and these three fruits are

used Even in our Puja when we do Puja people do Puja and see these fruits are available one is of course banana kadam it could be small saf Eli or it could be normal banana banana second is coconut that is a fruit naral shal that is coconut so coconut you can break drink little water take the little piece of coconut Cobra and chew it up nicely supposed to be

very healthy or grate it and put it in your vegetables and all that but coconut should be used coconut milk take out and make dishes out of that that's very tasty so coconut and third is seasonal fruits in that season whatever fruit is fruits season is there that must be taken so all these things like perus and chus and S shuffles and all these Bango all have their own season so eat those

things during Seasons so these three things have to go into your system every day in the morning whatever is available out of 31 apple is always Universal you can take any time Apple could be but this is this the whole thing then lunch lunch liquid would be buttermilk curd must go in your body it's probiotic it's an enzyme lactobacillus enzyme which really helps improving your digestion only once your digestion is

strong you can eat anything you will not put on weight because body absorbs assimilates and converts food into energy but if digestion is poor then body will store the food fat will be stored and you'll put on more yeah otherwise digestion good fat will convert into energy so that's the whole point so for healthy digestion butter milk CH or and half a cup of even yogurt the but all freshly made in the house not kept in the refrigerator

outside fruits also not kept in refrigerator outside so all such things and uh something to eat either it is chapati vegetable and buttermilk or Dal rice and buttermilk instead of Dal you can have Sprouts you can have all such varieties of these types chati varieties sometimes this chapati that so we are we Indians make lots of chapati evening snack time snacky things I have told you earlier those things and a

glass of lemon juice and at night dinner we have a big bowl of soup soups wonderful uh tomato soup tomato carrot soup tomato carrot and beetroot supposed to be very good for health beetroot soup all these two together uh mixed with vegetable soup corn soup sweet corn soup all these are good soups so take a big bowl of soup if at all you have to eat dinner has to be lightest if at all you have to eat then eat some one dish like

um kit supposed to be the thing rice and varieties of Dal make a mixture out of it and a spoon of ghee inside supposed to be most healthy food good for your sleep also good for your health also right that's it and sometimes if you have to keep awake at night because of some or other reason than a glass of milk in that put little okay so now we come to a fun part of it oh okay you

just have to answer in one word so let's see how well you do okay describe yoga in one word my exam yes your exam one word what yoga is concentration okay your favorite yoga POS and why well uh now it is standing on shoulder sangasasan complete body relaxes or the another alternative is bending back and bending forward which is called as chakras that's my favorite post so body

is flexible entire body is attended amazing tea or coffee what's your pick for a relaxing day I don't take anything out of it amazing but lemon juice yes yes what's the quickest way for you to feel calm during a busy day well just close my eyes and sit quietly and don't talk for 10 minutes to anybody sit 10 minutes give me I'll just I close my eyes sitting if I get a chance to lie down lie down or sitting itself is even

enough okay morning is Yoga effective only in the morning or is it okay to do it in the evening of course it is okay to do in the evening even at night in bed you can do okay no problem if yoga was a fruit what would it be I think I know an answer if yoga was a fruit what it could be I think it'll be a banana ssta Sund available all year round and so many

benefits and available everywhere because you can literally do yoga anywhere that's my answer fruit coconut or it could be or it could be a mango because mango season mango definitely mango king of and in The Institute we have big big mangoes coming if you come here in the April May okay amazing I'm going to be back meditation music or complete silence what do you choose music would be my best this okay one myth about yoga that makes that people

say that makes you laugh that yoga is standing on head or yoga is doing Su namaskar yeah I feel okay your favorite food my favorite this is the most difficult question because I like everything yeah but you can say answer you've never said before which is like like on a good day you feel like eating this which is non yogic food let's non yogic food is my Pani Puri you love it love it okay where you love it the most

your recommendation where where in Bombay do you love it the most I I usually don't go out to eat P okay at home okay but our students they get from somewhere okay and they give me favorite movie I'm the older yeah but I I can I watch a lot of them so you tell so that my favorite movie was that Anand picture okay another was that uh babari MH that was very good a cook going in

houses and making it rajes K Raj and then uh Raj kapur's movies were all simple simple good so anan's your favorite yeah okay favorite song of all time favorite song is lovely amazing and favorite city in the

world favorite City Mumbai beside Mumbai where did I go IND yeah that also is you like in in India anywhere anywhere in the world India yes definitely because there people are very and the food is Happy Foodies and food is one but they know how to enjoy life so every time they collect together the whole family will be together there would be 50 60 and there would be a nice singing

dancing some anecdotes so I love that yes okay okay um and uh your reaction to people when they say yoga is boring I smile and say then I'm also so boring isn't it okay or I say that uh but it is useful and it is not boring it's you can make it interesting or boring it is useful okay um your reaction when people say who wakes up at

5:00 a.m. when people say wake up at any time but after waking up be useful to yourself and others okay why do yoga when you can go to the gym gym is only in a particular age between after you grow before growth if you go to gym your growth will lamper after growth that is after 21 years till 25 years it's okay after 30 Old Days begins so then only yoga can work wonders we're all sitting

old in this room disclaimer when we often don't see results to the efforts that we put in whether it is in doing yoga or you know sometimes with God as well why did this happened to me me only why me only talk like that right and we lose faith has that ever happened to you where you question that I've done yoga for all my life why did this happen to me or you lost

faith I never asked this but yes how much effort you put results never come always so many times you don't see any results you're moving further but uh then I tell that you do God I'm doing my part but now you do so at

night I see to it that I don't think about it at all during day also for 10 15 minutes I'll decide that I'm not

thinking about the problems or the results or this and that leave it you take care I'm sleeping uh you take care of a child and child is still getting sicker and sicker and you don't know what to do tell God you take care I'm not worrying now you worry for me I do talk to God in all these things like in your mind you talking to God and you're telling that either you tell me what to

do in any case you do I'm not thinking anymore about it this this is the way I handle the situation okay but last but not the least what is your definition of success if I enjoying every moment of my life I'm successful okay amazing if I'm disease free bodily I am successful but um if I'm useful to

others and if I can make at least one person smile every day I'm most successful okay okay parenting tips celebrity interviews recipes conversations with experts DIYs and lots more subscribe to kidstop press now