



**Dr. H R Nagendra**

Author of SMET (Self Management of Excessive Tension)

Chancellor - S-Vyasa University

Yog Guru of Honorable Prime Minister - Shri Narendra Modi



**DO YOU HAVE STRESS?**



# Ayushman India

## DISTINCT PHASES IN THE DEVELOPMENT OF STRESS DISORDERS

PHASE	SYMPTOMS OF ILLNESS	PARAMETERS
1. Psychic	Irritable, Hyperactive, Excess anxiety, tremors, worries, fear, insomnia	Increased anxiety Blood acetylcholine (ACH) Increased
2. Psychosomatic	Hypertension, Palpitation, Tremor	Increased anxiety AACH increased
3. Somatic	Target organs affected	Increase of ACH
4. Organic	Settles target organs, Peptic ulcers, Coronary insufficiency	Increase of blood ACH Blood plasma cells Lymphocytes

## WHAT IS SMET ?

(Self Management of Excessive Tension)

When the mind gets into a state of drowsiness, stimulate and awaken it; as it starts speeding up and distractions set in, calm it down. Do this again and again. It is a series of successive stimulations and relaxations that can solve this complex problem of the mind. This forms the nucleus of the program that has been specially designed and curated - **Dr H R Nagendra , Chancellor - S-Vyasa University.**



"Stress is an everyday reality and not a demon around the corner, it is defined more by our thoughts rather than the situations that we face. We must manage it."

**Dr Achal Bhagat, Leading Psychiatrist, Chairman - Saarthak Institute of Mental Health.**

*According to Harvard Medical School, "Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression"*

# STRESS MANAGEMENT 40 MINUTES

By  
Dr Nidhi Ram & Dr Amrit Ram



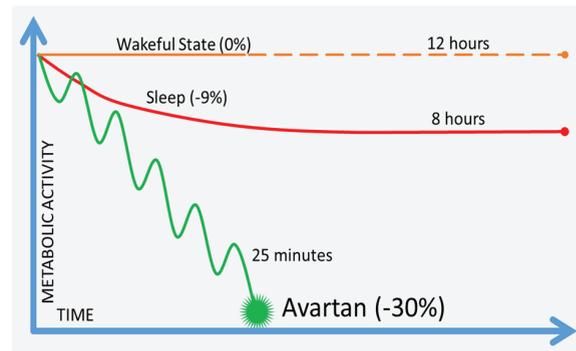
## FACULTY HEAD

PhD (Yoga) from S-VYASA Yoga University  
Bangalore, India

## IN THIS WORKSHOP...

You will learn all about stress, how it effects you and your interaction with your surroundings. The objective of this program is to understand stress and reduce it. You would do this through yoga techniques that have shown to be effective in stress management. This technique involves simple stretched and wakeful relaxation that help to calm down the mind. Once the mind is calm, you would learn how not to get stressed in several situations.

*"Samapraptam na Calayet"  
Don't agitate the peaceful mind*



## TRAINING FACULTY



Mamta Bisht



Manisha Adhikari



Roshan Raunaq



Kundan Kumar Singh



Nirali P Pandya



Pre workshop parameters check



SMET workshop -  
Delhi Gymkhana Club Ltd



SMET Workshop - Privi Earth Ltd



Health Screening



Health Screening



Health Screening



Post workshop parameter check



Dr. Greg. Frichhione - Harvard  
Dr Manjunath - S-Vayasa

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