
Mental Wellness and Stress Management

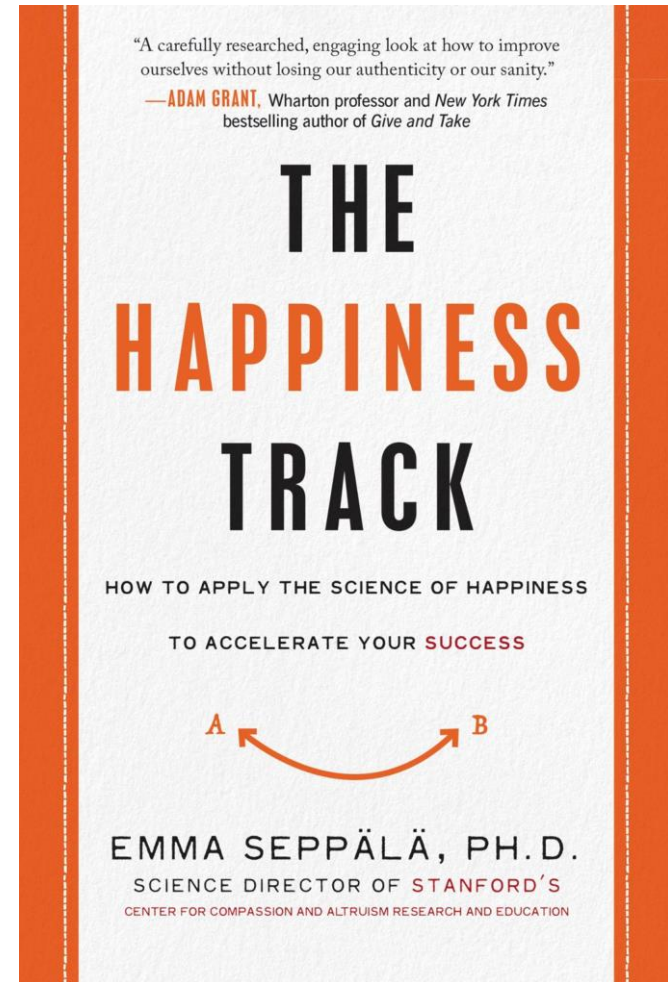
Dr. Ankur Raina, IISER Bhopal

Why mental wellness?

- Quality of life depends on the state of the mind!
- Stress on the academic campuses is on the rise due to various factors.
- There is so much to do, same time, very less energy.



**Happiness is the Fast Track to
Success, Not the Other Way Around.**



1. Yoga and Pranayama

→ **Yoga is the gift of India to the world**

World yoga day celebration brings the entire world together!

→ **Immense Health benefits**

A strong mind can carry a weak body but a weak mind cannot carry a strong body!

2. Meditation

- Changes grey matter of the brain
- Makes you age slower!
- You start caring for others due to reduced stress!
- Increased energy levels
- Ability to handle challenging situations!

—

**How many weeks do
you need to change the grey
matter in the brain?**

On an average 21 days!

- A study published in the journal *Psychiatry Research: Neuroimaging* in 2011 found that participants who underwent an 8-week mindfulness meditation program showed significant increases in gray matter density in the hippocampus, insula, and anterior cingulate cortex. These regions are involved in learning and memory, emotional regulation, and self-awareness.
- Another study, published in the journal *Nature Neuroscience* in 2013, found that just 2 weeks of meditation training was enough to increase gray matter density in the prefrontal cortex. This region is involved in attention, decision-making, and impulse control.

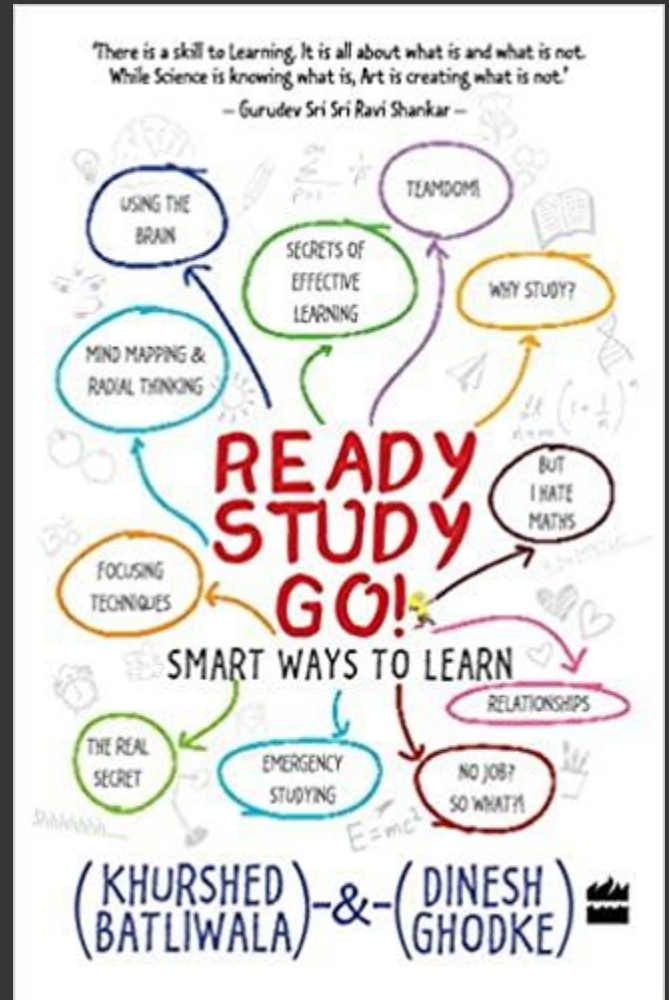
A mind in the present moment is meditation!



—

Why should we study?

For knowledge!



The International Bestseller

'Startling, vital, a life raft' *GUARDIAN*

**MATTHEW
WALKER**

Why We Sleep



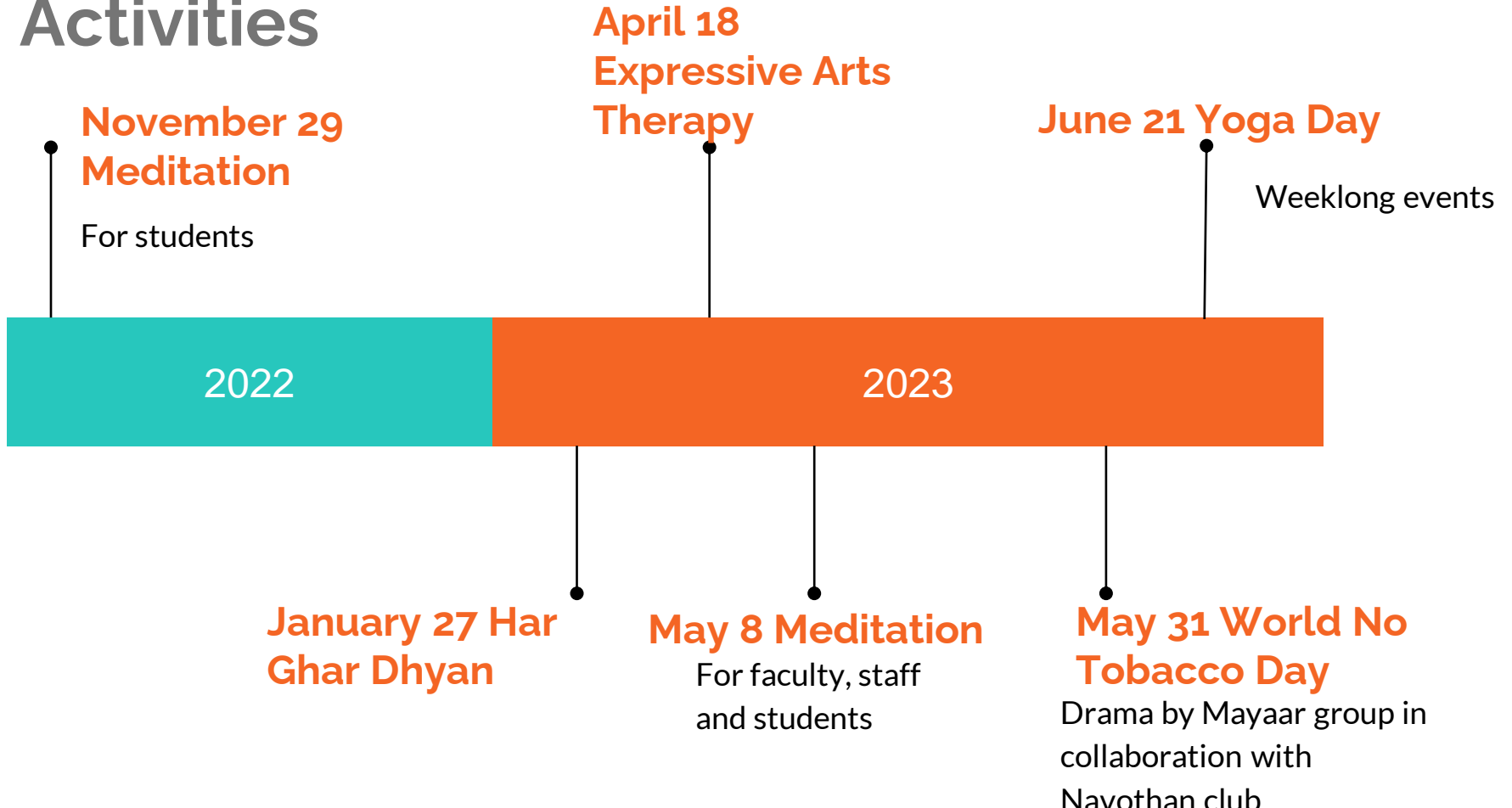
The
New
Science
of Sleep
and
Dreams



A hand holding a smartphone against a blurred red background. The text is overlaid on the left side of the image.

Activities planned by the counselling cell at IISERB

Activities



4. Breathing techniques

Breath is the link between the body and the mind!

Breath is more tangible and can better handle the mind.

→ **Ujjayi breath**

Long deep breaths enhances awareness of the body and mind

→ **Nadi Shodhan**

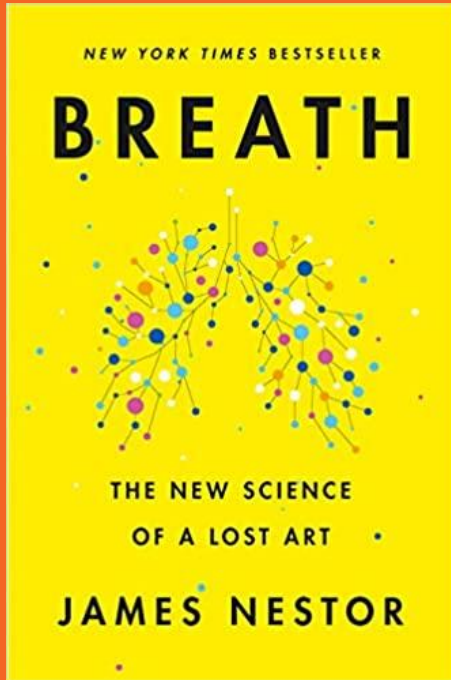
Alternate nostril breathing

→ **Bhramari**

Humming bee sound while exhalation

→ **Kapal bhati**

Stomach expansion and contraction while inhalation and exhalation



What are the key takeaways?

Invest in health

- Mental
- Physical

Good sleep, food,
Breath,
Encouraging
environment

Increase energy
levels

Ways to express

THANK YOU

