

# *THE LEADING LIGHT*

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World Health Trust conducted a Workshop on 'Self Development' for students of Genesis Global School, Noida, on August 22, 2015.



*Editor: Dr. P. Cheena Chawla*

# *FOUNDER'S MESSAGE*



Curriculum-based academic learning holds its importance in today's competitive world. However, human beings are not meant to be nurtured and grown into mere machines having specific outputs and delivery capacities, for they also essentially need to harbour a healthy mind that helps them think clearly in a positive manner. In other words, the idea of nurturing young moldable minds in schools and colleges is not only to produce learned doctors, engineers, scientists and business-oriented people but to have a new generation of well-balanced individuals living a harmonious life focussed on holistic self development of body, mind and soul.

Bringing to fruction this goal of imparting self development training to children, World Healthal Trust conducted a Workshop on 'Self Development' at Genesis Global School, Noida, on August 22, 2015 that was attended by a mixed group of about 80 boarders of the school studying in class 8 and above. The concept of holding such an event was new and it was well appreciated by both teachers and students. In fact, many students showed keen interest to have such programmes regularly in the school. Some students even showed interest in learning the simple meditative exercises that are taught to calm the mind and stay unswayed in all situations.

The need of the hour is definitely to hold such sessions on self development in different schools on a periodical basis to make a sure impact on the holistic development of our future generation.

*Dr. P. Cheena Chawla*

# *Story of the Month*

## ***One-day Workshop on Self Development in Genesis Global School, Noida (U.P)***

World Healthal Trust conducted a workshop on 'Self Development' at Genesis Global School, Noida, on August 22, 2015. It was conducted with the aim to emphasize on the importance of Self Development in the life of each and every individual, as it is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realize and maximize their potential. Personal development may include learning of new skills, spiritual development, enhancing the quality of life, promoting healthy lifestyle and improving social abilities.

Around 80 participants including both boys and girls of classes 8 and above, staying in the hostel of Genesis Global School, Noida attended the workshop. The participants were addressed by Dr. P. Cheena Chawla, Founder President, World Healthal Trust who while explaining about meditation laid emphasis on the fact that our breath and mind are like two best friends as they work quite in unison. This, she said, is the baseline of understanding how yoga and meditation work. Mr. M. B. Gupta, Acharya, Ananda Sangha explained about the superconscious living exercises. Dr. Seema Chaudhary, Scientist, World Healthal Trust co-assisted in conducting various superconscious living exercises. Mrs. Sunita Bansal, House Parent, Genesis Global School was also present on the occasion.

Dr. Chawla and Mr. Gupta laid emphasis on the activities that improve self awareness, enhancing one's potential. Practical steps can be taken for personal development that include organising time, prioritizing tasks in hand, and overcoming barriers to learning new skills. Mr. Gupta emphasised on taking a few deep breaths as it evokes the relaxation response, a state of profound rest, mental peace and progressive muscle relaxation. This enables one to think better and positively. All the students performed this activity and, later, some of them shared their experiences with the group.

The following superconscious living exercises were performed:

Extend your arms vigorously out to the sides, then in front, then high above the head affirming, **"I am positive! energetic! enthusiastic!"**

a) Begin with your hands at the chest, flinging your arms out to the side with the affirmation, "I am positive!"

b) Bring the hands back to the chest and then extend the arms vigorously in front of you with the affirmation, "energetic!"

c) Bring the hands back again to the chest then fling them high above your head with the affirmation, “enthusiastic!”

d) Finally, relax the arms at the side. Repeat this exercise and affirmation several times, as you like.

Performing this exercise many times during a day makes an individual very active as the energy level rises tremendously enabling one to perform work efficiently.

- Walk vigorously in place while affirming:

***I am awake and ready! I am awake and ready!***

- Rap your knuckles lightly on the forearms and upper arms, first with the right fist, then with the left, affirming:

**“I am master of my body! I am master of myself!”**

- Rub your arms, legs, hips, chest, and other parts of the body while affirming:

**“Awake! Rejoice, my body cells!”**

- Rap your scalp lightly with your knuckles, affirming:

**“Be glad, my brain! Be wise and strong!”**

- Massage your scalp lightly all over with the finger-tips, affirming:

**“Awake, my sleeping children! Wake!”**

At the end of the session Mrs. Bansal of Genesis Global School shared her views about the importance of self development. She greatly appreciated the concept of conducting such workshops and requested WHT to conduct them regularly for the benefit of more students, both boarders and day scholars. Finally, WHT team expressed its gratitude to Global Genesis school for providing them an opportunity to conduct this workshop in their school.

## GLIMPSES OF THE EVENT



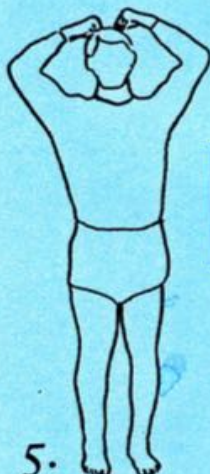


# The Superconscious Living Exercises



**6.**  
*Awake, my sleeping children! Wake!*  
Massage your scalp lightly all over with the fingertips.

6. Little sore points could be blocks on the Bladder & Gallbladder Meridian said to reduce fear and irritability



**5.**  
*Be glad, my brain. Be wise and strong!*  
Rap your scalp lightly with your knuckles.

5. Rapping the skull bone is piezoelectric so the brain gets a little boost; also affects: Bladder & Gallbladder Meridian said to reduce fear and irritability

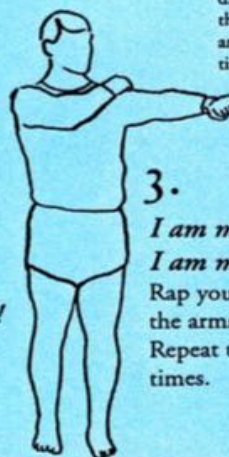


**4.**  
*Awake! rejoice, my body cells!*  
Rub your arms, hips, chest, and other parts of the body.

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4. As skin/fascia is piezoelectric, light to moderate brushing can generate some current. Key pt: behind the knees, helps release low back, calf & hamstrings and weak in the knees-fear

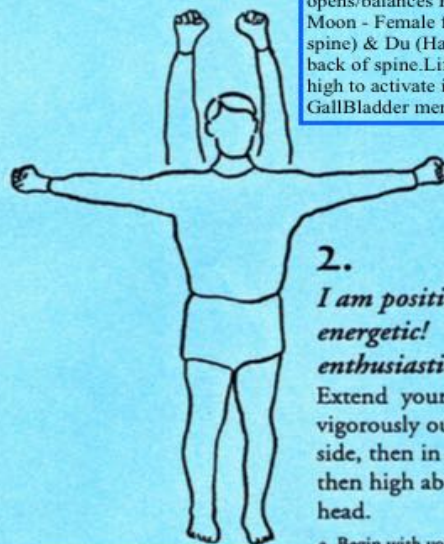
3. TB/ fight or flight normalizer. Key pts: just before elbow, tops of shoulder/ back of neck



**3.**  
*I am master of my body! I am master of myself!*  
Rap your knuckles lightly on the arms and shoulders only Repeat this exercise several times.

**1.**  
*I am awake and ready! I am awake and ready!*  
Walk vigorously in place.

1. opens muscle along spine, opens/balances Ren (Tha - Moon - Female front of spine) & Du (Ha - Male - back of spine. Lift knees high to activate iliopsoas/ GallBladder meridian



**2.**  
*I am positive! energetic! enthusiastic!*  
Extend your arms vigorously out to the side, then in front, then high above the head.

2. tap thymus gland in chest - opens: heart, Pericardium/rest and repair & equalizes TB/fight or flight

a. Begin with your hands at the chest, flinging your arms out to the side with the affirmation, *I am positive!*  
b. Bring the hands back to the chest, then extend the arms vigorously in front of you with the affirmation, *energetic!*  
c. Bring the hands back to the chest, then fling them high above your head with the affirmation, *enthusiastic!*  
d. Finally, relax the arms at the side. Repeat this exercise and affirmation several times, as you like.