

## Consultation Brochure

# Path to Integral Well-Being

**Yoga • Ayurveda • Preksha Meditation**

*Personalized Counseling for a Balanced, Stress-Free & Joyful Life*

## **Bharat Adhyayan Kendra**

Banaras Hindu University, Varanasi - 221005

### **Objective:**

The initiative aims to promote the timeless wisdom of Indian Yoga and Ayurvedic principles, along with Preksha Meditation, and make them accessible to the academic community and general public. Through these practices, participants are guided to adopt a balanced lifestyle that nurtures physical health, mental clarity, emotional stability, and spiritual growth, thereby ensuring integral well-being.

### **Key Features:**

- **Awareness towards a healthy lifestyle** through Yoga, Ayurveda, and Preksha practices.
- **Integration of traditional knowledge with daily life** for stress management, inner balance, and improved quality of life.
- **Practical application of principles** such as self-discipline, mindful living, and preventive health care.

### **Consultation Services:**

#### **Yogic Practice**

- Personalized guidance in adopting Yogic postures, breathing techniques (Pranayama), and relaxation methods.
- Stress reduction, better concentration, and enhanced vitality through systematic practice.
- Incorporating meditation and mindfulness to improve emotional resilience and clarity of thought.

## Ayurvedic Lifestyle Principles:

- **Counseling on Balanced Diet and Daily Routine:** Guidance on proper nutrition and daily habits according to Ayurvedic principles, emphasizing physical and mental harmony.
- **Practical Tips for Seasonal Lifestyle Adjustments:** Recommendations for adapting routines and diet to seasonal changes to maintain optimal health and immunity.
- **Holistic Well-being Practices:** Incorporates ethical and virtuous conduct and the Three Pillars of Ayurvedic Lifestyle:
  1. **Dietary discipline** – Balanced and suitable nutrition for mind-body health.
  2. **Sleep discipline** – Proper rest and sleep for rejuvenation and mental clarity.
  3. **Moderation in activities** – Self-restraint and moderation to conserve energy and maintain focus.
- **Natural urges and harmful or excessive urges Regulation:**  
Proper guidance to manage natural urges like hunger, thirst, and sleep, and restraint of harmful or excessive urges for mental and emotional balance.
- **Natural Ways to Strengthen Immunity, Improve Digestion, and Maintain Mind-Body Harmony:**  
Techniques and lifestyle practices to enhance immunity, regulate digestion, balance doshas, and support long-term health.

## Preksha Meditation: Journey to Inner Peace & Self-Awareness:

- **Kayotsarga (Relaxation of the Body):** Deep physical relaxation to release tension, rejuvenate the body, and create a calm, focused mind.  
**Technique:** Guided progressive muscle relaxation—participants consciously relax each body part, fostering immediate calm and awareness.
- **Swas Preksha (Observation of Breath):** Cultivate mindfulness and emotional balance through conscious breathing, reducing anxiety and increasing clarity.  
**Technique:** Focused breathing exercise—observe inhalation and exhalation, noticing subtle sensations, to anchor attention and stabilize emotions.
- **Sharir Preksha (Body Awareness):** Heighten awareness of bodily sensations for better health, posture, and energy flow.  
**Technique:** Body scanning meditation—gently observe sensations from head to toe, noticing tension or discomfort and releasing it with awareness.
- **Chaitanya Kendra Preksha (Centering Consciousness):** Strengthen concentration, deepen self-awareness, and awaken higher consciousness.  
**Technique:** Awareness of consciousness practice—focus on thirteen subtle centers (Chaitanya Kendras) in the body and mind to enhance inner clarity, emotional equilibrium, and spiritual awakening.

## **Leshyā Dhyān (Meditation on Mental States & Awareness Centers)**

**Purpose:** Cultivate emotional balance, self-regulation, clarity of mind, and inner peace through color-based meditation and awareness of subtle consciousness centers.

**Technique:** Participants focus on **specific colors associated with consciousness centers** and observe corresponding experiences (bhav/anubhav):

- **Anand Kendra (Bliss Center) – Green Color:**  
Focus on green light to cultivate joy and regulated emotions.  
**Experience:** My emotions are disciplined and harmonized; inner bliss and contentment arise naturally.
- **Vishuddh Kendra (Purity & Clarity Center) – Blue Color:**  
Focus on blue light to strengthen self-control and mental stability.  
**Experience:** Mind feels composed and disciplined; impulses are controlled, bringing calmness and clarity.
- **Darshan Kendra (Perception & Insight Center) – Orange Color:**  
Focus on orange light to awaken inner vision and perception.  
**Experience:** Inner insight arises; a deep sense of awareness and experiential wisdom is felt.
- **Gyan Kendra (Knowledge & Awareness Center) – Yellow Color:**  
Focus on yellow light to awaken knowledge pathways.  
**Experience:** My intellect and awareness expand; understanding deepens and insight grows.
- **Jyoti Kendra (Illumination & Inner Light Center) – White Color:**  
Focus on white light to pacify impulses and emotions.  
**Experience:** Anger, restlessness, and agitation subside; complete inner peace and serenity arise.
- **Guided Practice:** By consciously observing each color and its corresponding center, participants cultivate emotional balance, enhance self-awareness, sharpen mental clarity, and experience profound inner peace. Participants observe current emotional states and consciously shift toward **positive colors**, promoting emotional balance and mental clarity.
- **Anupreksha (Contemplative Reflection):**  
Engage in introspection and spiritual insight, integrating mind, body, and soul.  
**Technique:** Reflective meditation—observes thoughts and life situations without attachment, fostering insight, acceptance, and purposeful living.

## Who Can Join?

The consultation is open to:

**Students** – to manage academic stress and enhance focus.

**Teachers & Researchers** – to balance intellectual work with inner calm.

**Employees** – for stress management, better work efficiency, and overall health.

**Family members of BHU staff and students** – to promote harmony and well-being at home.

## Programme Schedule

**Every Wednesday & Friday**

**Time:** 3:00 PM – 5:00 PM

**Registration Link:** <https://forms.gle/egSCFRKH1Rh9pueT8>

## Note

Participants are encouraged to share their health-related concerns, lifestyle challenges, stress-related issues, and suggestions. Each session provides personalized counseling and practical solutions using the approaches of Yoga, Ayurveda, and Preksha Meditation to promote integral well-being. For conducting a one-week workshop for their esteemed organization, interested parties may initiate the process through official channels.

## Venue

### **4<sup>th</sup> Floor, Yoga Hall**

Bharat Adhyayan Kendra,  
Malviya Heritage Complex,  
Faculty of Arts,  
Banaras Hindu University,  
Varanasi - 221005

## Programme Coordinator

### **Dr. Geeta Yogesh Bhatt**

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