

COOL MIND MANAGEMENT

Dr.Sumita Mukherjee

An unhealthy mind is the biggest hindrance in the path of development, peace and happiness. Keep the mind calm and steady is a big challenge for the common person. Constantly changing agitation in the mind creates different disorders that create delay in fast & total mental and physical recoveries. Cool mind management, is one of the best method to keep the mind calm And steady, which is the basic requirement of a human being Most medical doctors understand that it is important to relax in order to get better health and better mental state. Because of physiological, psychological and Neurophysiologic changes, CMM (A Super combination of yoga, meditation and pranayama) can be a useful self-regulation technique for relaxation training and can be an effective tool in therapy as well as in rehabilitation. In complementary and alternative medicine (CAM) for health purposes. CMM Focuses on the interaction among the brain, mind, body & behavior and on the powerful ways in which emotional, mental, social, spiritual and behavioral factors can directly effect health. We can change our way of looking into our inner self or being through CMM, instead of confining our travel to the outside world. We can start making deeper and deeper journey into depth of inner peace through CMM. CMM can give you health & wealth with peace & happiness what else you want.

Research on yoga and meditation started in India in 1918 at the Yoga Institute at Versova near Mumbai, the precursor of the Yoga Institute at Santa Cruz (Khalsa, 2004; Yogendra, 1970). This was soon followed by the clinical work at The Kaivalyadhama Yoga Institute in Lonavala under Swami Kuvalyananda in the 1920's (Khalsa, 2004; Gharote, 1991). Subsequently, yoga therapy has Proliferated in India with the establishment of yoga hospitals and clinics.

Cool Mind Management Comes from the mind of Dr.Sumita, when she was taking class of the Management students at Lexicon Institute of Management Education Pune. She thought that each and every level of managers are responsible for the Complete team / work force / human resource/ man & materials throughout Their managerial post therefore they must have a super cool mind that's why She has started research in cool mind management system.

The practice of Cool mind management sets in motion a process that leads to the restoration Of a manager's physical, and mental well-being. (CMM) is a technique that combines Body mussels Stimulation and Brain calming practices, totally based on yoga meditation and pranayama.

Stress is a major factor in modern illness (Nagendra & Nagarathna, 2000). Cool mind management has been effective to reduce stress level after Seven days of practicing once a day, 30 minutes at a time. Researcher Dr.Sumita has found that a distinct relationship exists between the body and the brain or the state of the individual.

To prove this phenomena researcher Dr. Sumita at L.I.M.E. (Lexicon Institute of Management Education Pune) did study on CMM with One Hundreds Eighty Managment Students (Boys &Girls). By doing yogasana 10 minutes, pranayama 05 minutes and meditation (Voluntary control and effort) 15 minutes. Total 30 minutes, cool mind-Management can be achieved, Level of stress reduced, feeling energetic and More positive including benefits in all health's problems. As reported By all the management students in written and submitted to the researcher MBA Batch 2011-2013 Lexicon Institute of Management Pune. Name and address of the students is readily available with the college / Researcher Dr. Sumita for references. For analysis and study of CMM Affect Scientific study was carried out to see The complete effects.

Number of Management student 180. Yoga made Compulsory to all but due to some reason only 120 management students are Selected for the research work but all are allowed in the class Group A- study group no. of MBA Student-120. Group B- not selected for Study group but allowed in the class no of MBA student-----60. Group A was Taught CMM (cool mind management combination of yogasana, pranayama And meditation) for Seven days and was made to practice for at least 30 Minutes every day. There was no restriction on the calories intake and in their Daily routine. Group B participants were asked to lead a normal life. Results:-Group B -60 MBA Students who did not practice CMM, No ® No Significant changes noticed. Group A---120MBA Students who did practice CMM Change was noticed and all the students have written the feelings and their own Observations and findings and requested to all the other students to do CMM regularly as it is a,.....

The best stress controller, Blood pressure controller, Weight controller, Mood fresher, Best workout in less time to keep the mind cool & body fit. Best method / exercise to release and to feel free from tension.

After doing CMM feeling peace and happiness, One of the best ways to keep and control anger. After doing CMM feeling a lot of positive energy. CMM regulates disturbed bowl. CMM is best for sleep disorder. CMM no side effects, , no expenses, only benefits lifelong benefits. Etc.....and many more. Participant 96% of participant confirmed positive effect every day. Only 04% say no feelings, no change.

She found that CMM enhance attention, which in turn enhances cognitive Processing implies relaxation, both physical and mental levels. CMM Brings excellent Health and can cure many types of disease. CMM acts as a Holistic or whole Treatment of disease. CMM is a most powerful way of Controlling physiological Processes and of controlling physiological reaction to Psychological events. One of the most profound changes that take place in the Body during CMM is the Slowing down of the Stress the root cause of all the

Diseases. CMM has a Noticeable influence on blood pressure, which drops much Lower than normal after it. There was a reduction in heart rate and skin Conduction which can be particularly recommended for those suffering from Heart disease and anxiety.

“Process of Cool Mind Management”

State of mind exist

Turbulent, aphazard, multiple

Causes: - Ignorance about self, continuous outward flow of mind through senses and strong attachments, Increasing desire for more amenities, fading hopes, Disappointment & frustration which turning into an epidemic, restlessness, Anger, anxiety, depression, lack of Concentration, non-productivity, sedentary life style, Tension, Anger, Greed, Egotism, Loneliness, Alcoholic dependency, and difficult working conditions, insomnia and finally stress. Stress leads silently to high / low blood pressure, arthritis, diabetes, obesity, asthma, Spondylitis, Stomach problems, ladies problems, migraines, thyroid & hormonal glands Related Problems, aging, infertility, all joints & muscles pains, etc.

Yogasana (10 minutes)

Standing posture: - 05 minutes.

½min. ---Neck rotation clockwise 15 sec. Anti clockwise 15 sec.

½min.—both hands rotation together fourward 15 sec. Reverse together 15 sec.

½min. ---Complete waist rotation clockwise 15 sec. Anti clockwise 15 sec.

½min. ---Sit-ups slowly continuous 30 sec.

03 Min.:- As per health's /diseases selects standing yoga posture and do it slowly and stay on the correct posture as much as possible but not more than 30 sec. Minimum 05 standing posture yogaasanas.

Sitting posture: - 02 min.

½min. — Both leg rotations from the ankle joint slowly continuously clockwise 15 sec. anti clockwise 15 sec.

1 ½ Min.:- As per health's /diseases selects sitting yoga posture and do it slowly and stay on the correct posture as much as possible but not more than 30 sec. Minimum 03 sitting posture yogaasanas.

Lay down posture:- 03min.

½ min. — Keep your body straight including both hands and legs and then stretch the complete body and hold for 03 sec. and then relax for 03 sec. repeat up to ½min. slowly breath inhale while stretching and release while exiling normally.

2 ½ Min.:- As per health's /diseases requirement selects Lay down yoga posture and do it slowly and stay on the correct posture as much as possible but not more than 30 sec. minimum 05 lay down yogasana posture.

Pranayama (5 Minuites)

1min.:- Anulom vilom

1min.:- Bhastrika

2min.:-Kapalbhati

½min.:- Bhramari

½min.:- Omkar

Human body is not merely physical; it has non-physical aspects like consciousness and mind that all depend on the vital force prana: Life cannot exist without it. Prana is synonymous with breathing which requires oxygen and in that, sense oxygen and prana has to be considering equivalent. It plays an essential role in all chemical and metabolic processes in the body right down to the level of DNA. This is exactly what cool mind management believes and

actively used prana at nano level.

Meditation: - (15 minutes)

Meditation is the most ancient and perhaps the most effective medication for stresses

Concentration of mind. Single object --- multiple thought
Ekagra state

Events: - Channelization of vital forces in one direction by will power Again by more control and effort

One pointed focusing. Single object-----single thoughtDharna state

Events: -

Inward

channelization of all forces, effortless flow of mind, spotting of blocks of prana. By control and efforts

Spontaneous dwelling of mind on the object. Dhayana state

Events: - Slowing of mental process, release of stress and tension from the body and release of blocks of prana. By final efforts

Absorption, state of great peace, bliss, knowledge and happiness.
Samadhi state

Events total freedom, peace, knowledge and actual beginning of bliss. During a meditation practice in which thoughts are focused on a word or phrase without conscious effort to do so. Stress is a major factor in modern illness (Nagendra & Nagarathna, 2000).

- 1.
2. STRESS
- 3.
4. Practice of Yoga , Pranayama & Meditation
5. Regulates complete body muscles nerves system all glands and all vital organs of the
6. body + Limbic hypothalamus system in brain, Pituitary Adrenalin Axis.
7. Improves Anti Stress Hormone and immune system, Increases Disease Fighting
8. Capacity.
- 9.
- 10.
11. COOL – MIND
- 12.
- 13.
- 14.

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A veteran in the field of Yoga and Aurved, Dr Mukharjee is friend, philosopher and guide to the students. She ensures that they remain fit mentally and physically throughout the day and will not have health problems.

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