

CHALLENGES OF WELL BEING IN AND POST- LOCKDOWN PERIOD: EXPLORING AYURVEDA, YOGA AND SPIRITUALITY AS A CONDUIT FOR REJUVENATION AND OVERALL WELLNESS

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ABSTRACT

Physical and mental wellbeing are intrinsic to Indian way of life, and now they have become globally acceptable/implementable phenomena. Spiritual philosophy that has been integral to the Indian way of life cannot be separated from wellness and wellbeing of humanity. The potential of wellness systems, developed through centuries of wisdom of this ancient civilization is enormous. What can be the reasons behind people's turning towards wellness and health particularly is a thing to ponder upon for the researchers especially after Covid-19 grappled the world. Due to the disruptions caused by Covid-19 the human race understood the relevance of wellness and wellbeing. Isolation, inability to communicate, inability to travel and inability to have access to rejuvenation activities brought us closer to nature and the ancient Indian wisdom like yoga; the way of living, spirituality i.e the focus on mind and breath in search of the ultimate power and Ayurveda or naturopathy i.e use of home remedies given to us by nature were ultimately the lenders of last resort. This paper will highlight some aspects of the Indian philosophy and the spiritual quest, which can be seen as leading to 'ultimate wellbeing' and 'ultimate wellness'.

INTRODUCTION

The concept of well being is discussed as well as debated widely in the field of physical as well as mental health. W H O defines it as “a state of complete physical

mental and social well-being absence of disease or infirmity". The Word 'Health" is clearly linked by WHO to the concept of well-being and it also throws light on the fact that health is a human right and it requires social as well as physical resources for achieving it and maintaining it. Well-being is a very positive state (Griffin,1986). It is much larger than the concept of health (Zautra & Hempel, 1984). Many governments accept the viewpoint that, 'no health without mental health' (Prince, Patel, Saxena, Maj, Maselko, Phillips & Rahman (2007). Ironical is that in developing nations nobody takes care of the mental health until and unless it deteriorates to a level where it needs to be treated (Desjarlais,1995). The mental health and physical health are totally linked (Jordan, Campbell & Follingstad, 2010) and they have a strong relationship challenging the historical notion of mind-body dualism. The nature of the relationship of the two is quite correlated with each other. Mental health influences the physical health and vice-versa in many circumstances (Jané-Llopis, & Barry 2005). There is a possibility that one is having an ill health on the same hand it is accompanied by mental health problems like the person is in depression which results into a vicious circle where it is very difficult to achieve the state of well-being (Sfetcu, Pauna, & Iordan 2011). There can be so many factors which are relating to personal behavior as well as social scenario and affect physical as well as mental health simultaneously (World Health Organization, 2001). These problems can overlap to a great extent creating negativity. Sometimes it is difficult to determine that whether ill physical health is leading to ill mental health or ill mental health is leading to ill physical health (Goetzel, Long, Ozminkowski, Hawkins, Wang, & Lynch, 2004). Many researchers are of the view that well being has many components it includes mental, psychological, social as well as spiritual factors (Arora & Sharma, 2021, Compton 2001, Massé, Poulin, Dassa, Lambert, Bélair, & Battaglini 1998, Larson, 1996). The "mental health Ireland" gives a quite comprehensive view about the nature of well being which is quoted below in table.

Wellbeing As per Mental Health Ireland

Wellbeing is a wide concept and it involves caring about ourselves and others. It is to feel positive, good and wish well for own self as well as world around us. Most of the time caring about the welfare of our surroundings should be our priority and it should be our way of life in order to promote the well being. Wellbeing encompasses the one's ability to cope with every day life's stresses. Well being is influenced by "exercise, diet, sense of belonging, relationships, career, self-care, spirituality, money, where we live, and sense of purpose".

Wellbeing is much broader than simply how happy you are. It also includes how satisfied you are with your life, your sense of purpose, and how in control you feel."

Source: <https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

Physical and mental wellbeing are intrinsic to Indian way of life, and now they have become globally acceptable/ implementable phenomena. Spiritual philosophy that has been integral to the Indian way of life cannot be separated from wellness and wellbeing of humanity (Arora, Sharma, & Walia, 2021;). The potential of wellness systems, developed through centuries of wisdom of this ancient civilization is enormous. What can be the reasons behind people's turning towards wellness and health particularly is a thing to ponder upon for the researchers especially after Covid-19 grappled the world. Due to the disruptions caused by Covid-19 the human race understood the relevance of wellness and wellbeing (Prime, Wade, & Browne, 2020). Isolation, inability to communicate, inability to travel and inability to have access to rejuvenation activities brought us closer to nature and the ancient Indian wisdom like yoga; the way of living, spirituality i.e the focus on mind and breath in search of the ultimate power and Ayurveda or naturopathy i.e use of home remedies given to us by nature were ultimately the lenders of last resort.

METHODOLOGY

This paper will highlight some aspects of the Indian philosophy and the spiritual quest, which can be seen as leading to 'ultimate wellbeing' and 'ultimate wellness'. That is why the wellness tourism has become centre of attraction for the country and we would like to explore the factors that determine the growth of wellness tourism across the world by qualitatively focusing on the following research questions:

Research Questions

1. What is the meaning and significance of wellbeing and how is physical wellbeing connected with wellbeing?
2. How focusing on wellbeing help us overcome stress, anxiety and despair due to corona virus pandemic?
3. What are the coping strategies to deal with stress and promote wellness and wellbeing?
4. How can the practices of Yoga and Spirituality act as conduit for Rejuvenation of mental health and overall wellbeing?

Theoretical backgrounds and the evidences from literature have been used extensively to support and justify the research questions. Secondary information has been used from agencies and international institution's websites like WHO. A Content analysis has also been performed manually as well qualitative software NVivo has been used on the tweets extracted from Twitter. World cloud formations have been made to analyze the content and to draw out conclusions. The whole perspective has been built on the basis of content available in the literature, blogs, websites and Twitter.

Discussion

In order to prosper and sustain in the changing society where everyday stress is the biggest challenge to human race, we need to understand that in this competitive world looking at interconnections and interdependence both mental as well as physical health are vital for sustainability (Mroczek & Almeida 2004). The future prosperity of the mankind is dependent on the well-being of each one of us. Every part of our life is totally dependent on our mental capital as well as the mental well being, it crucially affects the way we lead our life (Robertson & Cooper, 2011). An individual's mental capital also affects the healthy functioning of its family, community as well as society. All in together fundamentally affect the concept of social cohesion, social inclusion and the overall prosperity of mankind. Staying longer in job, sources of earning, maintain the life style, education and wellbeing of children, other family issues, old age, retirement are some of the universal challenges of human kind.

With the pandemic of corona virus which has hit the world so hard, not only physical but mental health of people all over the world has suffered a lot (Pfefferbaum & North 2020, Ornell, Schuch, Sordi, & Kessler 2020, Holmes, O'Connor, Perry, Tracey, Wessely, Arseneault, L., ... & Ford 2020). The lockdown periods have been very tough for all generations, as the way of life was completely changed in a matter of few days (Arango, 2020, Jackson., Bradbury □ Jones, Baptiste, Gelling, Morin, Neville, & Smith, 2020). The cases of depression, suicide increased to a great extent in some parts of the world (Dsouza, Quadros, Hyderabadwala, & Mamun (2020), Thakur & Jain, (2020), Mamun, & Ullah, (2020).

With the world being going global there has been a considerable change in the notion of the concepts of old age and retirement (Mergenthaler, Cihlar, Micheel, & Sackreuther, (2017), Wiatrowski (2001), Rosenman, & Warburton (1995), McVittie & Goodall, (2012), Phillipson (1998)). Survival challenges in the world are so vivid in the pandemic of Corona Virus that now people are bound to adopt the longer working lives. The number of old people as a portion of the working population will increase in the years to come thereby it will create a possibility to spend a considerable amount of the government spending on the well-being on the workforce. In order to ensure that the growing number of older people maintain the best possible health, it is very much necessary to preserve their well being. The massive under capitalization in many developing nations adversely affecting the well-being of society may lead to a situation where we have to think about how to sustain in a stressful environment. The ailments like dementia are growing in every country with the faster pace (Santini, Koyanagi, Tyrovolas, Haro, Fiori, Uwakwa, R., ... & Prina (2015). Continuous stress and anxiety are one of the major reasons of disrupted state of wellbeing and excessive use of technology is another (Majumdar, Biswas, & Sahu, (2020).

The trends in the economic growth of various countries have been drastically disrupted due to the spread of corona virus (Arora & Sharma, 2022). Economic growth in various countries has been undoubtedly affected by new technology and globalization has been exposing them to newer more major challenges (Fernandes (2020), Siddiqui (2020), Baker, Bloom, Davis, & Terry (2020), Mayhew & Anand (2020), Barichello (2020), Del , Lenza, Primiceri, & Tambalotti (2020)).The high demand of skilled workforce in this digital era creates a pressure not only on the young age but on the middle age group people also and they face the challenge of unemployment as well as layoffs if they are not able to cope up with the challenges posed by the digital economy. A large number of people will now have to compete in the Global market to be skilled (Arora & Sharma, 2022). It is very crucial for them to develop their skills and talents in such way that they are able to work for longer years of time to stay effective in this dynamic environment. Training and retraining of the mind are somewhat a necessity these days. Increased competitiveness in the market scenario combined with family commitments and a shift to nuclear families is creating pressure on the ones who are earning and are the bread earners of the family.

The demands of the job as well as the work will have major implications on the work life balance as well (Syrek, Apostel, & Antoni (2013). It ultimately can result into negative effect on the families as well as communities. It is a major challenge for the globalised multinational corporations to meet the demands of nurturing well being at the workplace. A mix of culturally diverse people working in the organization, shift in the family structures, changing pattern of the migration, willingness to achieve higher standard of living in the society across various cultural groups are some of the challenges to the overall wellbeing of a person (Cooper & Dewe (2008), Bennett, Cramer, Begossi, Cundill, Díaz, Egoh, ... & Lebel (2015), Wiseman & Brasher (2008), Cox, Taris, & Nielsen (2010), Goswami (2008)). It is human tendency to expect more from life than living a healthy life or leading a calm, peaceful and longer life. We want to earn more in terms of materialistic things; our family structures do not groom us to be happy rather they teach us to be wealthy. Balancing what we desire and what we need leads to conflict in our minds influencing the well-being. Not only in adults the problems of depression and anxiety can be seen, but today children are also facing such a scenario. They will shape the future of a country and it is critical that the childhood is shaped up in a positive manner to set a course of life. It requires very early interventions so that their outcomes are improved and they learn to be positive in their life. Rather than to teach them to earn more it is necessary to teach them how to be happy. It is disheartening fact that in our society no one teaches us how to be happy and contented but everyone is in the race of achieving something. Even after achieving something, we are not able to relate it with our satisfaction or enjoy the accomplishment fully. We start racing for something more which leads to higher rate of dissatisfaction and continuous stress in our life.

The foundation of healthy lifestyle is maintaining positivity in every phase of life which is extremely difficult. One's well being is directly linked to positive mindset (Greenglass & Fiksenbaum, 2009). Technology is a two-edged sword. If not used widely it can create problems and if used wisely it can contribute towards the well being of society. Digitalization has to be used in a balanced way to make it fruitful for masses.

Stress and Anxiety Rise amid Corona virus Pandemic

Probably the biggest threat to the wellbeing of mankind today is stress. The most common problem across the age groups is of stress, anxiety leading to depression. The lifestyle today has gone through drastic changes. The family structures have changed. The race of achieving something more has led us to the unsatisfied life. Recently a survey was conducted in India (The Hindu, 2020) by the "Population Foundation of India" and they collected response from 800+ people in three states. The survey highlighted the fact that "more than five men and women between the age group of 15-24, experienced depression during the lockdown".

The major factors highlighted as the reasons of depression were, "Lack of Job Opportunities", delay in completing their studies, family pressure and lack of privacy, isolation". The most vulnerable in the lock downs turned out to be young generation and old aged people (Singh, Roy, Sinha, Parveen, Sharma & Joshi, 2020). Many people confessed that during the lockdown they faced panic attacks the main reason was uncertain external environment where the job cuts lead to stress and tension to the younger as well as middle age generation (Laijawala, Sonavane & De Sousa, (2021), Tomaino, Cipolletta, Kostova & Todorova, (2021)). The middle-aged group was more vulnerable as they lacked technical skills and digital knowledge at various levels and many of them faced layoffs. Some reported that they have aged parents' dependent on them and medical emergencies lead to difficult situations in terms of finances for them (Ganesan, Al-Jumaily, Fong, Prasad, Meena, & Tong, 2021). Another aspect of the lockdown was increase in poverty and unemployment which became a base of heightened anxiety. Common symptoms reported by people was hopelessness, sleeplessness, irritating behavior and anxiety (Dubey, Biswas, Ghosh, Chatterjee, Dubey, Chatterjee, ... & Lavie, 2020). Most of the times it is seen that the mental health is affected by the financial aspects also. Only counseling doesn't help in such cases and one has to face the real problems to find out the solutions which need interventions at various levels. It can be hunger, shelter, employment or the medical emergencies which affect not only physical well being well being of a person facing that situation but his whole life in terms of his mental health. When people are not able to cope up with situations, they start following the most drastic steps like committing suicide. Many evidences are available where economic problems are the real reason behind the suicidal attempt (Mamun, (2021), Leaune, Samuel, Oh, Poulet & Brunelin, (2020)).

People came out with the solution during the lockdown to work from home. In many countries for more than three months people worked from home. Schools in various parts of the world were closed and the teachers performed the stressful balance of working for home and from home. At one point of time, it was a solution but after a particular time it became a stressful activity for many as it was very difficult for them to create a balance between household and professional duties to be performed from home. An increased risk can be seen with various mental health issues which are caused by corona virus impact during and after lockdown. Many direct consequences of this pandemic can be seen on the levels of employment, increased isolation and loneliness leading to various mental health issues. Young generation is so much doubtful about the future. Increased stress on the school going as well as college going students can be seen as they are using technology for longer hours for completing the online classes. Many unwanted behaviors like harming oneself, suicidal attempts, and domestic violence, child abuse are reported to be increased in this period in various countries (Zalsman, Stanley, Szanto, Clarke, Carli & Mehlum, (2020), Mittal & Singh, (2020)). Psychologists are of the view that the patients who will survive the corona virus threat will be at higher level of post-traumatic order and depression.

Coping with Stress to promote Well Being

Though many experts give their opinion about how to cope with stress to promote well being, following are the measures suggested by WHO to “Coping with stress during the 2019-nCoV outbreak”

- “It is normal to feel sad, stressed, confused, scared or angry during a crisis.
- Talking to people you trust can help. Contact your friends and family.
- If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
- Don't use smoking, alcohol or other drugs to deal with your emotions
- If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

- Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.”

Source: WHO (https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

Most of us for dealing with stress use more of the technology and spend a lot of time on social media and mobile phones. We do not realize the fact that the amount of time that we are standing in front of our TV screens or the internet or the mobile devices or the technology in general is not relieving from stress but it is again affecting our well-being. There can be certain potential harms which comes out due to the over reliance on the screens to make ourselves feel comfortable. We do not realize that it is harming our productivity and our attention span is also deteriorating. In order to limit this potential damage, the concept of digital wellbeing has emerged and it is basically a movement which is focusing on controlling the amount of time which we spend on technology.

The use of technology is not bad but the overuse of technology undoubtedly affects our well being we must understand that the technology can help us in various manners to deal with countless problems associated with stress if used properly. One must take care of his/her emotional health in order to protect from further deterioration of the mental health. Excessive use of social media, hearing about pandemic repeatedly can be very upsetting. Therefore, one must try to use the technology in a productive and effective manner to improve the well being of self and others. Connecting with others positively to talk about your concerns is very easy with the help of technology rather than using the technology for looking into lives of the people through social media platforms. Therefore, one should use technology to talk about their concerns and how they feel to the loved ones and people they trust in the situation of stress and depression. One must have the ability to recognize the feelings of distress, anxiety, loneliness in order to improve the wellbeing.

Certain discipline tactics can be very helpful to watch such motion emotions. Technology in particular digital wellbeing can be of a great help in this. Various app providers give solutions to reduce screen time or to count the steps that we walk or monitor our blood pressure and anxiety levels. Android authority gives certain measures about forming better relationship with our mobile phones for example enabling grayscale in phone, tracking the app usage time, blocking notifications, and finding out certain activities to balance the time on your smart phone or some of the suggested given by android authority.com. Various YouTube videos on meditation are available which can guide one to promote well being. The basic idea

behind promoting digital wellbeing is creating a balance between the real world and the digital world social media should not be a distraction but it should be a platform to connect with people we need to understand this. We need to monitor our digital habits in order to promote digital wellbeing. We should be quite aware about how frequently we have used in various app and how many notifications we have received so that we can plan our time accordingly.

Many companies like Google have come up with applications which promote digital wellbeing. In a very interesting move UAE has set in motion 12-year plan to improve the quality of life. Their cabinet in 2019 revised 12-year strategy in order to improve the quality of life of Emirati's as well as the residents. Their national strategy for wellbeing 2031 focuses on establishing 19 new projects which will improve the physical, psychological and digital health of future generations. They've also identified 14 key areas to achieve their goals which carry 9 strategic objectives that will build a national framework for well being. The country is visionary about promoting healthy activities as well as healthy lifestyles, good mental health and adopting positive thinking. They've also decided to propose various kinds of training programs for the Government employees in order to launch Academy of well being for future generations. Such moves give us a direction that active Lifestyle, good mental health and positive thinking are the key areas to promote well being of human kind and technology can be used to promote it in various ways.

A twitter analysis by using the Qualitative software NVivo was done to explore the factors related with wellbeing and the following cloud chart with most frequent words was created from 17994 Tweets captured highlighting mental health, stress, wellness, wellbeing, anxiety, children, family, feelings etc showing public sentiments towards wellbeing and wellness in pandemic.

World Cloud:1



Source: Nvivo Software output

At one level we expect the employers to fulfill their statutory duties in order to ensure the safety as well as health of their employees on the other hand we also expect that the degree of risk in a particular job will be reduced. Workplace balance has to be created and it has become continuously difficult in this time period. The duty hours of each and every person working from home has increased; lack of training is another reason due to which people are experiencing stress and depression. Being not able to effectively perform their duties, leads them to guilt causing anxiety and depression. There is an urgent need on the part of the employers to take various reasonable steps to protect their employees from occurrence and reoccurrence of various kinds of mental or psychiatric illness during and after lockdowns. A reasonable level of maturity and empathy is required on the part of the employers to deal with their employees in this severe situation. The productivity of every organization is directly linked with the mental health and wellbeing of a person and the onus is on the part of the employers to find out reasonable steps to adjust according to the present scenario.

Another challenge for the sustainable well being in the digital age is the skill requirement. The revolution in the field of digital world across the globe has brought a Paradigm shift in the way we are leading our life. In every field whether it is industry, engineering or service, using technology has become somewhat mandatory. Therefore, to cope up with the challenges posed by the digital world a skill set is required at every level. Capacity building tasks and activities becomes very important to participate in this competitive environment. Need arises to develop certain skill sets for competing in this dynamic environment. We need to understand that anticipating the need for future capacity building in terms of digital knowledge is the need of the world. In the future the workforce will be challenged to use various artificial intelligence systems, especially in the fields of Healthcare, Education, entertainment and IT sector. A balance between skills needed and promotion of the growth in sustainable digital world can promote well being of the society. The non-acceptance on the part of employees to accept digital needs of the society can lead to dejection in the society and ultimately affect them negatively. Stress and anxiety are the biggest killers of wellness and wellbeing. Both these factors have serious bearing on our mental health. Stress affects our body as well as mind in multiple ways. At times it is the result of anxiety, frustration or worry due to unfavorable circumstances in one's life. Stress emerges as the biggest challenge in case the person coping with it as a weak mind. Mental toughness is the prerequisite to be able to deal with stress. There are various methods that people adopt to overcome stress and anxiety. Some of the people prefer to go into the lap of nature to seek healing and relief from stress and anxiety. There are others who prefer to undertake wellness tourism activities such as Yoga and spirituality to seek inner peace, solace and mental harmony.

Yoga and spirituality have been the times tested methods to overcome feelings of stress and anxiety and the psychosomatic problems caused by work/job related

tensions. During bygone two years Covid -19 pandemic has emerged as a biggest stress causing factor in our life. As we all know, due to sudden lockdowns across the globe people were forced to stay indoors and were not allowed to move out and explore nature. After the oppressive situation caused by corona virus eased a little people left their homes, lock stock and barrel and moved into the lap of nature with a view to get healed psycho spiritually. Some of them went to wellness spas and others preferred to enroll themselves for Yoga and spirituality sessions. A sizable number of tourists from the west also got registered for courses on meditation and spirituality which offered them the crux of ancient Indian wisdom centered on values of compassion, empathy, love and selfless concern for others.

Theoretical, Practical and Managerial Implications of the Paper

This paper highlights some aspects of the Indian philosophy and the spiritual quest, which can be seen as leading to 'ultimate wellbeing' and 'ultimate wellness'. The practical implications for managers lie in the fact that they get a direction to address the issues relating to promotion of wellbeing in their policies and decision making. With a thorough understanding of need and importance of wellbeing in every profession the policies could be more considerate and promote wellness activities like Yoga, meditation etc. Promoting spirituality at workplace not only helps to make the workplace harmonious but it also promotes professional ethics, values and standards.

It in way promotes integrity and help to curb unethical practices at workplace. Further, the fact of the matter is that India is rich in its traditions and wellness promoting activities which help not only the individuals to maintain a work life balance but it also promotes morality, integrity and helps in the prevention of unethical practices too. This study paves way to cope up with stress at workplace and help the employees to become more resilient in crises or after crises. Coping with stress is an important challenge almost of all the organizations. By considering the traditional Indian practices in the policy frameworks, strategic plans, organizational culture and overall work environment will help in overall wellbeing of the employees.

Limitations and Future Research areas

The biggest limitation of this paper is that it is based on secondary information and qualitative content. The opinions put forth based on literature can be challenged empirically. The researchers interested in this field can test the research questions empirically also.

Conclusion and Summative Remarks

The tourism industry has been contributing immensely to the wellness/wellbeing

activities and thereby generating a lot of business in spiritual wellness sector. India offers an enormous potential in wellness tourism. We may come across of wellness centers at variety of pilgrimages such as Haridwar, Rishikesh, Mcleodganj, Banaras etc. Every tourist activity which is focused on wellness and mental wellbeing is considered critically crucial because it tends to lead to overall wellness and thereby rejuvenate and reinvigorate us to cope with stress and anxiety at the level of mind. Yoga, the Ayurvedic medicinal system, along with spiritual meditative practices lead or take us I the direction of self actualization.

Such an experience is very empowering as it helps us overcome dejection and despair in our lives. It can be arguably claimed that the practices of Yoga and spirituality certainly act as conduit for rejuvenation of mental health and our overall wellbeing. The maxim called 'the sound mind in a sound body' acquires meaning only when we are able to develop harmony at physical, mental and psychic levels. The anxiety and despair which the humanity experienced during the corona virus pandemic emerged as the biggest challenge for us.

It is for the first time in human history that people became extraordinarily conscious about their physical, mental and psychological wellbeing. Every single person whether she or he craved for ultimate wellbeing at any cost they were psychologically debilitated and shattered. Amidst such darkness and gloom, they had no choice but to turn towards mental health and wellness and wellbeing. The humanity was able to develop variety of coping mechanisms to deal with corona virus pandemic, however wellness activities such as Yoga and spirituality proved to be the best and most successful healing strategies.

Summing up, we can say that Ayurveda, Yoga and Spirituality may easily be termed as successful stress busters and sources of solace, inner harmony and mental and psychological balance.

The ancient Indian wisdom lies in living a healthy life which can be attained through the old age practices of Yoga and Ayurveda. The whole world is adopting the Indian cultures and the patterns of life which are quite scientific. The practical ways to adopt the Indian Sankaraas are found in ancient literature which were developed by yogis and munis after deep researches. These ways are totally based on the herbs and organic produces available in our country. This is a high time that when in this pandemic nature has shown us that it is the superpower and manmade destructions are only responsible for each imbalance, we need to get back to our roots to protect this planet and adopt a sustainable lifestyle.

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