**What are the habits you have been following 1 week of lecture and how is that helping you in your daily life?**

I have suffered almost 10 years of my life with a lot of stress and lack of sleep. I was always striving for success over beating my body with lack of sleep and lots of stress. I was not able to reach anywhere even after so much effort to success. For the past six months trying to improve every bit and pieces of my habits, I have incorporated my exercise and enough sleep in my life. That has just done wonders to my life. I feel more healthy, more active and I never feel like I lack any kind of energy anytime. After this I was always thinking of adding meditation to my daily habits. What better place to be than Maharishi University to be an active meditator and a vegetarian? I am just loving my experience and I feel like I have rejuvenated my life. This is just incredible. I am just curious how I can continue will all these good habits through out my Master’s in Software Development program with all the assignments and hours of study. But I love challenges and I will always do my best to continue with these good habits. Other than this I am not as convinced by Yoga asana as much. Another half an hour a day for yoga other than my daily exercise might be too tight for my daily routines, but I will try to experiment here and there and see where this goes. Thant’s all. Thank you.