

# **Universal Human Values**

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Human values aside of the classes are inseparable part of our lives. The values I learnt throughout the course were the importance of exercise, yoga in maintaining a healthy life, value of happiness, to have faith, hope and aspiration to accomplish my goals. Though as part of syllabus we have learnt a wide range of values that has to be inculcated in our lives. The pranayamas we learnt were really helpful to maintain harmony between mind and body, maintain emotions, overall improvement of fitness, health, etc. The term placebo effect was really interesting and its power is underrated. The different states of our mind and nadis were also very interesting.

The techniques I will implement is the inculcation of yoga asanas and the breathing techniques in my regular life. Our mind is really powerful and if we are able to have the right mindset, we can achieve anything. I understood how we must always be happy and grateful for the things we have in our life. Overall, the course strengthened and reassured my life values and I am thankful to Sudhindra Sir to make this happen. His energy is inspirational and always brightened my day. I'm filled with gratitude for Dr.Sudhindra sir for teaching us to stay happy and positive even during the hard times.....

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