

## **1. Wellness Guide**

Developing a wellness guide- dinacharya, a consistent daily routine is one of the most important practices of Ayurveda.

Having a scheduled, daily routine that is practiced upon waking and before sleeping will bring health, vitality, and stability to your body and mind.

A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. Routine helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

<https://drive.google.com/file/d/1u8Al0bdQhcD8lcO-trFYzm2MIRgQMLt6/view?usp=drivesdk>

## **2. Aligning with nature**

[https://drive.google.com/file/d/1E4noN6SkLki2ugRuBB\\_R4bzi4hTrMXpp/view?usp=drivesdk](https://drive.google.com/file/d/1E4noN6SkLki2ugRuBB_R4bzi4hTrMXpp/view?usp=drivesdk)

## **3. Physical and Mental health**

<https://youtu.be/PjCpmVmd2h0>

#### **4. Food: Types of Food and Its Effect on the Body and Mind**

<https://www.artofliving.org/navratri/three-types-food>

<https://youtu.be/XpKJB0uWKsk>

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

#### **5. Science of Meditation and its Impact on Mental Wellness**

[https://www.ncbi.nlm.nih.gov/pubmed?Db=pubmed&Cmd=ShowDetailView&TermToSearch=18093307&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](https://www.ncbi.nlm.nih.gov/pubmed?Db=pubmed&Cmd=ShowDetailView&TermToSearch=18093307&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

<https://www.ncbi.nlm.nih.gov/pubmed/28546676>

<https://www.ncbi.nlm.nih.gov/pubmed/25607119>

