

# **INDIAN INSTITUTE OF INFORMATION TECHNOLOGY, ALLAHABAD**

## **PART-A C3 Evaluation Orientation Camp**

**Group Number: 4**

**Group Members:**

- 1) Vipul Ranjan Sahu (IIB2020012)
- 2) Tanishq Chouhan (IIB2020013)
- 3) Gagan Bansal (IIB2020021)
- 4) Vaidik Sharma (IIB2020024)
- 5) Archit Dashora (IIB2020025)
- 6) Rishabh Jain (IIB2020032)

## **COPING WITH STRESS**

**(By Swami Gauranga Das Ji)**

### **Summary**

Analyzing the rate by which the world population has increased since 1800, it is estimated that by 2056 we would have approximately 10 Billion world population.

The Sustainable Development Goals adopted by the United Nations provides a blueprint for the shared prosperity in a world where people can live a productive, vibrant and peaceful life on a healthy planet.

Shri Gauranga Das Ji continued saying that the combination of peaceful people and prosperously green planet would be the ideal recipe for harmony and balance.

The **International Day of Yoga** was introduced at the United Nations level because:

- 1) They saw that it is important to provide individuals and populations their choices and lifestyle patterns which foster good health.
- 2) They were aware of the fact that unless there is a proper global health, there will not be a long-term development paradigm.
- 3) They recognized that yoga provides holistic approach in health and well-being.
- 4) They wanted a platform to disseminate the benefits of self-control and how the self-control improves the health of population.

According to **Patanjali Yoga sutras**, “Yoga means to calm the waves or the repose of disturbance which are caused upon the waters of the mind and to reunite the mind to its state of peace and calm”. The **Bhagwat Gita** also defines different types of Yoga according to on what one’s focus is on.

Three Million people across the world are experiencing the symptoms of stress and anxiety disorder and the root cause of stress is the gap between expectation and reality. And the root cause of expectation is rooted in our multiple changing identities. Due to which we are expected to do a whole lot of things and when we fail to do so, it results in anxiety.

Even **Arjuna** the *greatest powerful warrior* experienced paralysis in decision making because of his inability to decide for sure which identity to follow: his identity as ‘a warrior’, ‘a student’ or ‘a grandson’. And such paralysis in decision making is ultimately known as **depression**. When one loses the purpose or the need to fight, one becomes hopeless. So, **Krishna** injected hope within Arjuna by speaking Bhagwat Gita.

The **Bhagwat Gita** speaks about various types of Yoga and which emphasizes on increasing one’s awareness. Since we are living in a

world of constant distraction, our attention span has been reduced to just eight seconds.

Why the distraction is so attractive to us? It is because our brain processes distraction as something new which results in the release of a neurochemical called Dopamine in our brain, which is associated with pleasure and reward.

Since the year 2000, there has been an appreciable increase in the number of internet users in India. Moreover, in the year 2020, 65% of them have to use it on a daily basis. And particularly the number of pornographic searches and alcohol consumption is quite high worldwide. A population which does not have self-control and self-restraint will definitely be stressed.

It is fact that 33% of the food for human consumption created worldwide is wasted which is translating into 2.3 Billion tons of food waste annually. Out of this total waste only 13% is recycled and 5% is decomposed.

The mismanagement of land resources, water resources and high CO<sub>2</sub> emission due to lack of self-control and discipline caused huge number of deaths through diseases worldwide. One of the largest killers in the world is Cardiovascular disease that took 18 Million lives in 2017 itself.

When we are talking about stress, the stress begins as a stress within oneself that eventually leads to stress in one's relationship with others. That stress at individual, relationship and behavioral level leads to stress at environmental level.

The best way to overcome stress is to always remember that the value we drive doesn't matter as much as the values that drive us.

**Spirituality and Yoga** empowers us to reclaim our destiny to do our best and therefore we have to remain authentic. Through an example of a cheater and a Doctor, **Shri Gauranga Das ji** aptly explained why any kind of cheating should be banished in the practice of spirituality and yoga.

Some Questions of students answered by Shri Gauranga Das Ji.

### Q1) Have you ever got stressed?

Stress is like salt. It should not be present in less or more than the adequate amount. There are two types of stress:

- ❖ **Eustress:** This is the positive stress, when we are looking forward to responsibility, challenge and we want to do it at that situation, Eustress appears.
- ❖ **Distress:** It is a negative type of stress. It causes anxiety or concern. It is perceived as outside of our coping abilities. The person becomes complacent.

### Q2) How do we get control over our senses and ourselves?

The efforts for self-control must continue and even if we fail, we should remember that success is not final, failure is not fatal, it is the courage to continue that counts. It is very important for us to work on self-transformation with equal diligence and attention. We should understand that if we focus simply on what we wish to achieve and do not focus on what we should be, then we will lead this life in anxiety and live with misery.

You have to develop the art of getting things done and also the art of leaving things undone. You should be able to eliminate the essentials from the non-essentials. You should spend your time in building better habits and not chasing better results.

### Q3) How can we exercise dopamine detox?

Krishna says in Bhagwat Gita:

“यदा विवियत वित्तमात्मन्यिावितष्ठत ।

विःस्पहः सिकामभ्यो यक्त इत्यच्यत तदाः ॥ “

The meaning of this phrase is “With thorough discipline, they learn to withdraw the mind from selfish cravings and rivet it on the unsurpassable good of the self. Such persons are said to be in Yoga and are free from all yearning of the senses.”

यथा दीपो विातस्थो िङ्गत सोपमा स्मता ।

योविो यतवित्तस्य यज्ञतो योिमात्मिः ।।

“Just as a lamp in a windless place does not flicker, so the disciplined mind of a yogi remains steady in meditation on the self”. Mind steady through meditation you will experience the pleasure in the mind in the focused stage.

Finally, Swami ji ended up the session by reminding the difference between ‘Swadharma’ and ‘Swaroopa’.

- ❖ Swadharma is one’s occupation.
- ❖ Swaroopa is the sole within, which does not change. This unchanging soul within is our original eternal identity.

Thanking you  
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