



HR NEWS Letter

Panacea people has entered its teenage by completing 13 years of successful operations.

The Secret Science behind Yoga

Have you ever seen people peering through windows of main line yoga studios and thinking, "What a waste of an hour? This isn't even really an exercise?" Well, maybe they're right, but there is certainly a scientific basis behind the tangible benefits of practicing yoga.

By increasing your flexibility, strengthening your joints and socializing with like-minded people, you do something very important: you relax. Relaxation has a positive effect on the nervous system; increases mental energy helps to control your weight and reduces stress. Here's how.

1. Increased Activation of Autonomic Nervous System:

Most people find it difficult to achieve the perfect balance between work, family and other parts of life. This unbalance creates anxiety and causes our overall stress levels to increase. The more stress a person experiences, the more likely they are to suffer from stress-related health problems, such as ulcers, migraines, diabetes and heart attacks. The autonomic nervous system controls the stress levels and determines how a person reacts to external and internal stressors; and almost all of this happens to us unconsciously. Practicing yoga, or anything meditative and calming, can reprogram the activation of the autonomic nervous system. This means we will automatically react to internal and external stressors in a more physically beneficial way, rather than unconsciously triggering stress or anxiety chemicals in our brains which tax our body heavily.

2. Reduced Inflammation:

According to the research conducted by Ohio State University, the human body secretes cytokine interleukin-6 in response to inflammation. This protein is secreted during trauma to the body and works as an anti-inflammatory and pro-inflammatory. Researchers found during the course of the study that women who practiced yoga had lower levels of this protein in general and experienced lower increases in the protein levels after a stressful situation compared to

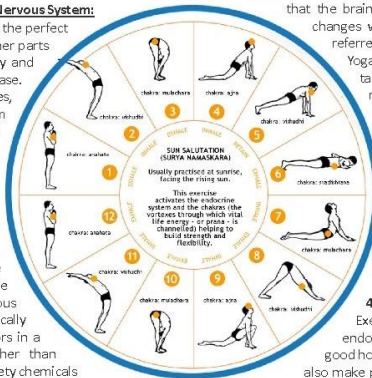
women who did not practice yoga. Inflammation can cause a myriad of different disorders, including acne, arthritis, allergies, celiac disease, obesity as well as some kind of cancers. The reduction of inflammation alone is a good enough reason for many to give a vinyasa class a shot.

3. Improvement in Neuroplasticity:

Yoga is known to affect the body as well as the mind. If you do yoga on a daily basis, it helps your brain develop memory networks for the muscles that you use during the poses. Also, there is evidence that the brain is constantly evolving and undergoes changes with new experiences. This process is referred to as neuroplasticity. According to the Yoga Journal, when you start doing yoga, it takes time for your brain to develop new networks. As you continue with yoga, your brain attaches these new networks with current networks of activities you find desirable and enjoyable. Gradually, as the yoga poses and behaviors become more desirable, they will begin to replace old "desirable" behaviors that no longer serve you, such as smoking, drinking and consuming unhealthy food.

4. Enhanced Mental Energy:

Exercise tends to increase the levels of endorphins in the body. These are the feel-good hormones that not only keep you alert, but also make people have a positive outlook towards life. However, if you have pain or an injury, you may not be able to enjoy your regular exercise, and this can be extremely frustrating. This frustration can adversely affect your mental health. Yoga is a low-impact exercise that facilitates the release of endorphins which helps to reduce stress and keep an alert mind. Both of these things have a significant positive effect on a person's well being. In addition, the Johns Hopkins Arthritis Center states that yoga has other benefits besides being low-impact and improving mental alertness. The poses help to enhance muscle strength and flexibility and this, in turn, has a positive impact on your psychology. It makes you more confident and helps you feel good about your body.



Time to Log out

We are hooked to our tablets, phones and laptops, but their overuse can affect our body. Here's how

IMPACT ON THE BRAIN

The way our brain and thumbs interact is changing due to the extensive use of smartphones, according to a study published in January in the Current Biology journal. In the study, Swiss researchers mapped the brain's response when the thumbs, forefinger and middle fingers were used to operate a touch-screen phone and a manual phone. The results showed enhanced electrical activity in the brain among smartphone users when all the three fingers were used. The activity in the cortex of the brain associated with the thumb and index fingertips was directly proportional to the intensity of phone use, says the study.

Solution: Gradually wean yourself away from the habit of using smartphones constantly—and it'll not happen in a day, so have patience.

WITHDRAWAL SYMPTOMS

A 2013 study, published in the journal PLoS ONE, suggests that people who are constantly online can suffer withdrawal symptoms similar to those experienced by drug users. The fact that almost everyone has a smartphone makes Internet connectivity a lot simpler. This leads to habitual reliance on the medium, which many users don't realize until they have no Internet connection.

Solution: Start by going offline one day a month—no Internet, no apps. Gradually, increase this frequency to one day every alternate weekend.

BEHAVIOURAL CHANGES

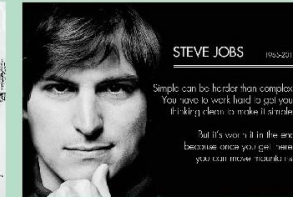
"Individuals who engage in heavier media-multitasking are found to perform worse on cognitive control tasks and exhibit more socio-emotional difficulties," says a September study published in PLoS ONE. Basically, anyone regularly flipping between different websites, apps and games, tends to have less active grey matter density in the anterior cingulate cortex (ACC) part of their brain. The ACC controls thoughts and emotions. What's more, negative changes in the ACC are directly related to troubles such as obsessive-compulsive disorder, depression and anxiety disorders, according to the study.

Solution: Try to indulge in "real-life" activities: meet friends face to face, play outdoor games and take a stroll in the park.

DISRUPTS SLEEP CYCLE

Using a smartphone, tablet or laptop before sleeping is a habit with many people. But this habit could cost you your health, according to a study published last year in the Journal Proceedings Of The National Academy Of Sciences. "The use of these devices before bedtime prolongs the time it takes to fall asleep (10 minutes more compared to someone who reads a paper book before sleeping), delays the circadian clock, suppresses levels of the sleep-promoting hormone melatonin...and delays the timing of rapid eye movement (REM) sleep, and reduces alertness the following morning," according to the study.

Solution: Read a book or do a crossword puzzle before sleeping, and don't use any gadgets 2-3 hours before bedtime.



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Stars of the MONTH

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