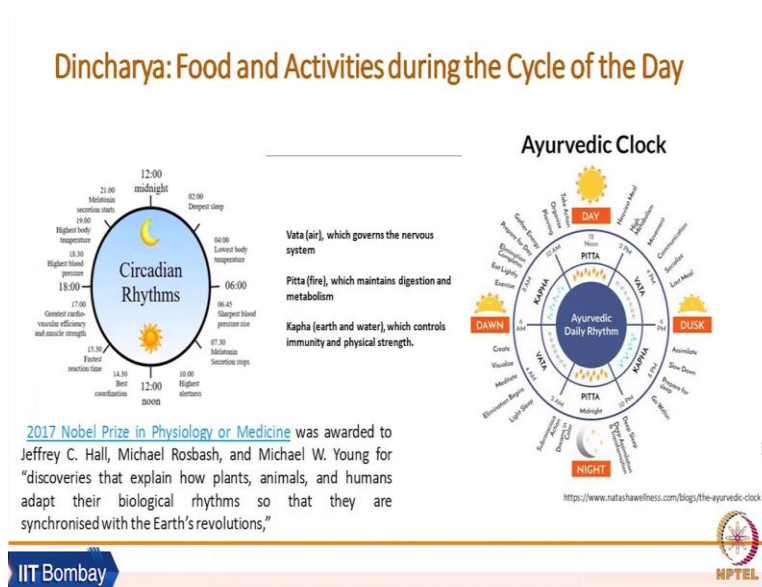


Yoga and Positive Psychology for Managing Career and Life
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Food as the First Intervention for Managing Self
Lecture - 67
Food and Activities during the Cycle of the Day

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So, let us look at the Dinacharya. What aspect of the day should be suitable for what kind of food this work is awarded with the Nobel Prize Dr. Jeffrey Hall and Michael Rosbash and Michael Young for discoveries that explain how plants animals humans adapt their biological rhyme so, that they are synchronized with the earth revolution.

So, circadian cycle is very well known if we take this 12 midnight as the starting point then 2 O' clock 2 AM is the deepest sleep 4 AM is the lowest body temperature 6 to 6. 45 is the sharpest blood pressure rise, 7. 30 to 10 is the highest alertness time melatonin and secretion take stops at 7. 30 12 noon is the best coordination time fastest reaction time is 130 and greater cardiovascular efficiency is achieved around 5 O' clock 6 O' clock.

And from the evening 6 O' clock again the high blood pressure starts and highest body temperature reaches to the 7 O' clock and around 9 O' clock the melatonin's serotonin secretion starts. So, these we know that melatonin secretion are deeply connected to the quality of sleep and the cycle goes on.

Vata governs the nervous system pitta maintains digestion and metabolism and kapha that controls immunity and physical health physical strength. Different parts of the day you can see the predominance of vata pitta kapha and the nature of the circadian cycle they are in coherence with each other.

So, the peak of the pitta time is the midnight from the midnight when we move towards dawn the vata time comes and vata is we know what it governs. So, you can see the coherence from the dawn sunlight sun from the dawn till the midday our kapha and pitta pitta aspect they increase. So, the mid of the day is the best time for getting the richest food during the day taking action.

So, you can take the best food and the highest quality and good amount of food during the midday because that is the highest pitta time where the digestion is best then gradually the from the pitta our tendency goes towards vata and that requires that is good for the movement socializing and at the dusk time our kapha starts rising vata also comes down and that is the time we need to take the last meal.


If you see the circadian cycle and how the vata pitta kapha changes during the day there is a harmony and Ayurveda and yog suggest that we should take our food according to this cycle that constitutes the best ahar. There is no one fit for all we need to understand our prakruthi, we need to keep under consideration the seasonality where we are residing and accordingly, we must keep making experimentation and accordingly we must keep making the food choices.

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Few Resources to Check Out

Eating with Presence

Rajata Dandekar
Mental Meal Map



Visualise how much + Serve half = Double the time = Still hungry? (but light on your feet)

Half portion + Double time = Energetic and light

Diet For Weight Loss based on the advices of Sadhguru Jaggi Vasudev: Lose 10Kg In 10 Days | How To Lose Weight Fast?

<https://www.youtube.com/watch?v=ark4neGl2s4&t=151s>

The HEAD start project

Home exercise and diet

Rajata Dandekar

Diet Rules	Details
1. Don't start your day with tea/coffee	-Have something to eat, like dry fruits or a fresh fruit after waking up and then have tea/coffee. -Limit tea/coffee to 3 cups a day. Have them the way you like it, with sugar, milk, lemon, etc. -Don't have tea/coffee as a replacement to a meal or post evening (4-5pm)
2. Finish your dinner 3 hours before bedtime	-Don't push bedtime late, bring dinner early -If you are hungry at bedtime, have hard-milk or gulkand with milk
3. Avoid long gaps between meals	-Homemade sherbats like Bt, Nimbu, Kokum, etc., between breakfast and lunch -Have something wholesome like a fresh fruit, handful of nuts or homemade snacks between lunch and dinner.
4. Finish eating your meals just before you are full	-Follow the 3/3 of eating right to help you finish your meals at the right time - 3/3 - sit down at one fixed place to eat your meals. Savour - use your hands, chew well, and don't get distracted with gadgets! Sleew - Take your time to eat your meals so that you can listen to the signals from your stomach
5. Have give, fresh fruit and homemade chutneys/dips daily	-Give with variety and aids digestion. -Fresh, local, seasonal fruits provide all the nutrients needed by the body -Change up the add of the micro-nutrients that body needs e.g. 10:12:10:K.
Exercise Rules	Details
1. Follow a well-rounded fitness regime	The 4S of Fitness - Strength, Stability, Stretching, Stamina Pay special attention to strength, stability and stretching as these are usually overlooked and only stamina is worked on.
2. Progressive overload principle	-Make gradual increase in the challenge level of the exercise -Continuity of practice is critical for staying fit.

IIT BombayNPTEL

I would like to share three resources one resource is in the form of this video a YouTube video that is the diet for the weight loss based on the advice of Sadhguru Jaggi Vasudev. Sadhguru Jaggi suggests that soaked peanut white gud turmeric, neem, little bit of jaggery and use of honey, banana these are very very good high pranic food.

So, he defines the good quality food is that which is high pranic food which has more pran shakti in the in those food. So, based on his advice is given at different occasion, the creator of this video has developed a diet plan for 10 days and she claims that it can be helpful to reduce the 10 kg of weight in ten days without reducing our energy levels it is up to your choice whether you want to follow that diet plan for 10 days or not.

I can suddenly say based on my experience because in IIT, Bombay in school of management I suggested this plan for my students to be followed just 3 days and after that we collected the reaction of the students and their experience almost all the students said that within 3 days they experience the energy and lightness which they have not experienced before.

Many of them said that they did not have an idea that just by making some modification in the food habits we can make so, much difference to our own day to day experience. So, this is at least three days you all must follow that is first resource. Second resource is coming from the great

dietitian who uses ayurvedic and the yogic wisdom in abundance in her recommendations Rujuta Diwekar.

She gives a method of taking food and being self restrained and applying self control or making the food choices and intake of the food more conscious. What she says that whenever you are sitting for the food and when you are hungry you imagine how much food you can eat. So, you visualize how much you are likely to eat you keep half of that portion half of what you imagine in your plate in the first serving.

So, serve half that is the second step third step is after finishing that half again you meditate reflect on the body how much you think you can eat more and again put half of what you imagined in the plate you eat it and repeat the process. In this way we can develop our interoception our capability to perceive within what is the right amount of food for me.

Third thing third resource is also coming from the Rujuta Diwekars work the head start project. She talks about some diet rules do not start your day with the tea coffee finish your dinner three hours before bedtime avoid long gaps between meals finish eating your meal just before you are full have ghee, fresh fruit, homemade chutney, pickle daily exercise rules are like follow well rounded fitness regime and progressive overload principle.

These are some of the principles which everybody can follow all of us can follow. Within one week we can start feeling the significant difference in our body in our mind in our energy systems. So, these are some of the resources you can use which are readily available as ahar which is our first intervention towards achieving optimum level of well being to have to towards greater power in managing ourself which naturally has impact on managing our career.