

SUNDAY

Your Companion for a Funday

How to always think positive: 5 most helpful tips

We live in a world that is filled with competition. Be it the competition of performing well in the future, or the worries and stress of not performing right in the past. There is always something ready to take us down and make us think negatively about ourselves. But, the problems come in when this negativity starts to impact our everyday life and we start feeling overwhelmed and disappointed with ourselves. And this is where the importance of thinking positively comes in.

So, here we list five helpful tips that can condition you to think better about yourself.

Being thankful

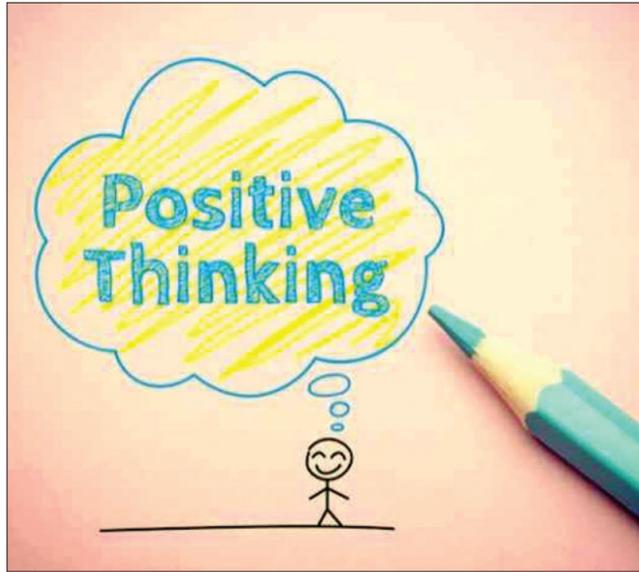
One of the most powerful ways to stay positive is by being thankful and practicing gratitude. This simple act of acknowledging all that went right in your life shifts your focus from what you lack to what you have, helping you appreciate the abundance in your life.

And to practice gratitude, the simplest way is to keep a journal. Every day, at the end of the day or before starting your day, jot down a few things you're thankful for. It could be the warm cup of filter coffee that was served to you, or it could be the promotion letter you received yesterday. When you write down what you are happy about, you are more likely to stay more positive.

Keep good company

The people around you define how you see things and feel things. The company you have defines your mood and shapes your mind. So, surround yourself with positive, supportive people, who can help you stay positive and see the good in things and situations. The positivity that stems from family, relationships, and friendships, is unmatched and can define your life at times.

At the same time, it is important to limit your interaction with people who like to spread negativity. Maintain a safe distance from jealous, pessimistic people, and see



how well things start going and feeling.

Reframe the negativity

Often, when things start going downhill, people start to panic. And with that panic, comes rushing the negative thoughts, emotions, and bad scenarios. So, next time something similar happens, try to reframe that negativity into something that will give you hope.

For example, suppose you are stuck in a situation or are having writer's block. You have written 243 pages of the book and just can't decide how to end the story. The first thing that comes to mind will be - 'Oh God! I guess I'll have to restart from the beginning'. And with this, you'll spiral into negative thoughts. But, if you reframe it to 'Alright, a few more pages, let's think about who the suspect can be and how to end the story', you will have a much better outlook to the problem.

Connect with nature

Nature has the beautiful and powerful ability to keep you happy, positive, and grounded. And so, connect and engage with nature as much as you can. It could be in the form of evening walks, hikes, treks, yoga, or anything else. Exercising in natural surroundings and connecting with nature can help develop a sense of positivity and ground you to your roots. It also helps get rid of stress, anxiety, and other problems and boosts overall mood and well-being.

Focus on now

Focusing on the present moment, or practicing mindfulness, is another great way to keep a positive mindset. Mindfulness means being fully engaged in the here and now, away from the guilt of the past and the worry of the future. Being mindful helps reduce stress because you eliminate the worry of what has happened and what will happen. And at this moment, it is all good and all fine.

So, concentrate on your breath, think about now, and let go of distracting thoughts that can harm your peace of mind.

Yoga for students: Simple yoga poses to include in kid's daily routine

Incorporating yoga into children's lifestyles can help them overcome many modern-day challenges such as low energy levels and poor posture. Yoga is a powerful tool that helps students maintain physical fitness, mental clarity, and emotional balance. It enhances concentration, reduces stress, and promotes overall well-being. Regular yoga practice can boost their physical strength, intellectual abilities, and mental state. Yoga offers a holistic approach to well-being, aiding stress relief, focus, fitness, emotional balance, immunity, and overall lifestyle improvement for students. Students should practice these five following poses everyday.

Tadasana (Mountain Pose)

1. Stand with feet together or hip-width apart.
2. Ground your feet, lift your arches.
3. Engage thighs and lift kneecaps without locking knees.
4. Tuck tailbone slightly, engage abs.
5. Lift chest, relax shoulders, imagine lengthening spine.
6. Arms by sides or in prayer position.
7. Breathe deeply and maintain balance.

Benefits

1. Improves posture and increases concentration
2. Strengthens muscles in legs, core, and back.
3. Increases body awareness.
4. Relieves tension.

Tree Pose (Vrikshasana)

1. Stand straight with feet together.
2. Shift weight onto the left foot.
3. Place the right foot on the inner thigh or calf of the left leg (avoid the knee).
4. Bring hands together in a prayer position at the chest or extend overhead.
5. Hold the pose while balancing, then switch legs.

Benefits:

- Improves balance and stability.
- Enhances concentration and focus.
- Strengthens legs, ankles, and spine.
- Stretches the thighs, groin, and shoulders.

Contraindications:

- Avoid if suffering from dizziness or balance disorders, Caution with knee or hip issues.

Paschimottanasana (Seated Forward Bend)

1. Sit Upright: Legs straight, spine tall, feet together.
2. Inhale and Extend: Raise arms overhead.
3. Exhale and Fold: Bend from hips, reach towards toes.
4. Hold: Stay for 20-60 seconds, breathe deeply.



5. Return: Inhale, rise back to sitting, lower arms.

Benefits for Students

Enhances concentration and mental clarity, calms the mind to ease anxiety, stretches the back, hamstrings, and spine, stimulates digestive organs, and alleviates fatigue for relaxation.

Contraindications: Back Problems, Hernia, Severe Sciatica, Severe Asthma

Chakrasana (Wheel Pose)

Procedure

1. Start Position: Lie on your back, bend knees, feet hip-width apart.
2. Hand Placement: Place palms under shoulders, fingers pointing to feet.
3. Lift: Press palms and feet, lift hips, then back.
4. Form Wheel: Straighten arms and legs, let head hang gently.
5. Hold: Breathe deeply, hold for a few seconds to a minute.
6. Release: Exhale, slowly lower body, hug knees to chest.

Benefits- Enhances concentration and mental clarity, calms the mind to ease anxiety, stretches the back, hamstrings, and spine, stimulates digestive organs, and alleviates fatigue for relaxation.

Contraindications- Chronic back problems, heart conditions, joint issues, recent surgeries like abdominal or spinal surgeries, and other conditions such as carpal tunnel or severe headaches are among the concerns.

Singhasana (Lion Pose)

1. Sit on your knees with your buttocks resting on your heels.
2. Place your hands on your knees.
3. Inhale deeply through your nose.
4. Open your mouth wide, sticking out your tongue.
5. Exhale forcefully, making a "roaring" sound like a lion.
6. Repeat several times.

Singhasana, or Lion Pose, benefits students by relieving tension and stress, improving vocal clarity, enhancing complexion, promoting self-expression and confidence, and aiding focus and concentration. body and mind, aiding in focus and concentration.

Just as yoga is essential for our health, pranayama is equally important. Pranayama plays a crucial role. It ensures proper blood circulation to all parts of our body, giving us more energy. Often, people tend to overlook pranayama. However, if practiced correctly, it can help us balance our growth, development, and mental health. It offers students improved concentration, reduced stress, enhanced memory, better emotional regulation, increased energy, improved sleep, stronger respiratory function, boosted immunity, greater mindfulness, and overall better physical health.

Anulom Vilom is a yoga breathing exercise using alternate nostrils to promote calmness, improved lungs function, and balanced energy.

1. Sit comfortably with a straight spine.
2. Close the right nostril, inhale through the left.
3. Close the left nostril, release the right, exhale.
4. Inhale through the right nostril.
5. Close the right nostril, release the left, exhale and repeat for several times.

Bhramari Pranayama: Sit comfortably, close your eyes, and take a deep breath in. As you exhale, make a humming sound like a bee, focusing on the vibration in your head. Repeat several times for relaxation.

Trataka: Sit in a comfortable position and place a candle at eye level about arm's length away. Focus your gaze on the flame without blinking, maintaining concentration. Do this for a few minutes, then close your eyes and visualize the flame. The practice of trataka improves eyesight.

AUM chanting: The "Om" chant involves sitting comfortably, taking a deep breath in, and as you exhale, chanting the sound "Om" (Aum) slowly and resonantly. Repeat several times, feeling the vibration and focusing on its calming effect.

How to design a home that remains naturally cool

As the summer ushers in its warmth, the task of maintaining a relaxed and comfortable living environment becomes paramount. Keeping indoor spaces refreshingly cool amidst rising temperatures requires a harmonious blend of design ingenuity, environmental consciousness, and a commitment to comfort. From interior adjustments that embrace lightness and cool tones to innovative facade strategies that combat heat gain, here are comprehensive strategies to keep your space refreshingly cool and inviting throughout the sweltering months.

Contextualising Design for Climate

In the Indian context, where temperatures can soar to extreme levels, climate-responsive design is a necessity. While popular, reflective facade materials like glass and metal can contribute to the urban heat island effect. The way forward is an integrated design approach that prioritises sustainability and social responsibility. This includes large gestures like planning the orientation of new builds in a way that minimises heat gain as well as smaller interventions like upgrading to energy-efficient appliances and lighting to minimise heat generation and energy consumption.

The Power of Thoughtful Facade Design

One of the most impactful strategies for keeping indoor spaces cool lies in the design of the building's facade. Well-crafted facade can significantly reduce heat ingress, thus lowering the need for excessive mechanical cooling. Considerations like facade materials that absorb less heat, effective shading devices such as louvers, projections or vegetation, and optimised window-to-wall ratios all play a crucial role in maintaining a comfortable indoor environment.

Harnessing Semi-Open Spaces for Climate Control

Planning for semi-open spaces or transition spaces is an effective way of both forming a buffer zone and shielding the interiors from the heat while also establishing a comfortable connection with the outdoors. Create shaded seating areas using pergolas, incorporate potted plants for natural cooling, and strategically place landscaping elements to enhance shade and airflow.

Cool Comfort through Strategic Interiors

The foundation of cool living space starts with interior design choices that prioritise both comfort and style. The first step is to swap out heavy drapes and dark-coloured fabrics for lighter materials like cotton and linen in soothing pastels or whites. These fabrics not only reflect sunlight rather than absorb it, but they also create an illusion of spaciousness, making rooms feel breezier and more comfortable.

Integrating cool-toned decor elements such as throw pillows, rugs, and artwork in shades of blues, greens, and greys enhances the calming ambience while visually lowering the perceived temperature. Opting for furniture and upholstery made from natural fibres like cotton and linen allows for better airflow, preventing that sticky, uncomfortable feeling often associated with humid conditions.

Crafting a refreshingly cool living space is a thoughtful, strategic endeavour that marries comfort, style and sustainability. It is a journey towards cool comfort that's both inviting and environmentally responsible, ensuring a serene retreat year-round.

