

TIPS FOR GOOD HEALTH

It is true that health is wealth. Without good health we can't do any work properly. Compare to other professional student CA's student facing many problem regarding health because in colleges there is proper infrastructure for sports activity & practical training for few month only. However practical training is the making base for every CA's student and the student who avoid it facing many problems during job or practice. The main problem is now how to maintain health with coaching & practical training.

- The students who are not taking proper sleep continuously facing headache and it becomes a major problem. Always take proper sleep 5 to 7 hours. Before exam always take minimum 6 hours sleep. Many students don't take proper sleep before exam day due to tension & fail in exam because in exam there mind isn't properly working.
- Always give 30 to 45 minute for Yoga & exercise. You will feel definitely active. You will not face small problem like cold, cough, headache etc. It not compulsory to join any GYAM you can do at home also.
- The importance of Yoga said in Bhagavad Gita

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनंजय ।

सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥

*(yoga-sthaḥ kuru karmani saṅgam tyaktvā dhananjaya
siddhy-asiddhyoḥ samo bhūtvā samatvam yoga ucyate)*

- Bhagavad Gita 2.48

Meaning: Yoga (योग) speaks and moves of a union. A union between the body, the soul and the mind. A union of the body and its breath. A moving meditation of the body, guided only by the breath. The effect is grounding,

balancing, therapeutic. Step back into your Self and become aware of your unused muscles both in your mind and in your body.

- Yoga also maintains the balance between Body & Mind. There are lot of Foreigners coming year in India to learn Yoga. It also sharps the Mind.
- Always eat Dry fruits/nuts like **Almonds** (*Badaam*), **Cashew Nut** (*Kaaju*), **Dates** (*Khajoor*), **Pistachios** (*Pista*), **Walnut** (*Akhrot*) and **Raisins** (*Kishmish*). You don't believe how much they benefited to you. Some of benefits as follow: creation of new blood cells, suppress breast cancer cell growth, increase memory power, weight loss, lowering blood pressure, reduction in risk of recurrent coronary heart disease, solving constipation, preventing loss of sexual vigour, Eye Care & Dental Care etc.
- Don't skip breakfast ever always take breakfast & take it on time. Avoid tea in breakfast always take fruits like apple, banana etc. You can take bread with milk or juice of any fruits. Before going for breakfast eat dry fruits like Almonds from 10 to 15. Avoid Oily foods like paratha if you want always fit however you can take paratha in lunch and dinner.
- Try to always smile & become cool. Laughter is one of the best medicines for many diseases. According to many research laughter boost the immune system.
- Eat fruits properly & take juice also. It maintain your body properly
- Always drink fresh & pure water because human body contains water from 55% to 78% water, depending on body size. Avoid water which you it is not pure & fresh. Many diseases are due to impure water like Cholera, Japanese Encephalitis, Filariasis etc

- Always avoid Smoking & Drinking Wine. It is main problem in boy's student who lives in hostel and lives away from their parents. Many students learn it from their friends those who are habitual of smoking & drinking. Everyone knows smoking & Drinking causes many big diseases like cancer. Always avoid such friends who are enhancing you for smoking. One you take it for fashion & than become habitual.
- Always take proper & healthy diet. Always take proper milk minimum 250gram to 1 keg. On daily basis. If you know sports man like Sushil kumar take 2 to 3keg milk daily basis, M.S.Dhoni take 5keg milk on daily basis. So take 500gram milk daily basis ok.

Always remember that 'health is wealth'.

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