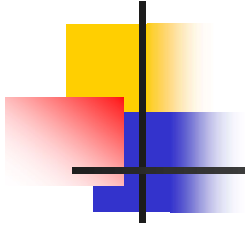




STRESS MANAGEMENT BE-HAVE PRESENTATION

STC AJMER

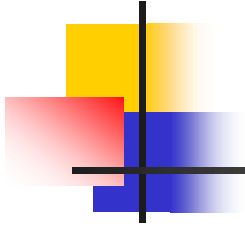


To Be

&

To Have

...Insights



BE	HAVE
Always happy	Satisfaction
Healthy always	Fulfilment
Wealthy	High energy level
Famous	Tension free life
Leader / Powerful	Fat bank balance
CEO/CRB	Big house
Peaceful	



Be... Have?

Be... and **Have...**

Be, Have

Behave

Behavior.

Whose behavior is a question?



What is behaviour

- Conduct
- Dealing

My behavior, with whom?



- **With Myself.....Health**
- **With People Who Matter
(without conditions)Family (Happiness)**
- **With People Who Matter
(with conditions).....Workplace (Success)**



- **BEHAVIOR WITH SELF**

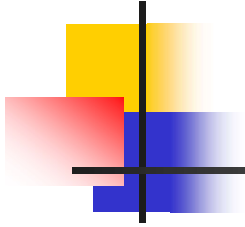
SWACHHATA –BODY, MIND,SURROUNDING

SANTOSH-CONTENTMENT

SWADHAY-SELF STUDY

TAPAH-AUSTARITIES,TRAINING OF SENSE

ISHWARPRANIDHAN-SURRENDER



- **BEHAVIOR WITH OTHER**
SATYA

AHIMNSA

BRAHMCHARYA

ASTAY

APARIGRAH



ASTHANG YOGA

1. यम
2. नियम
3. आसन
4. प्राणायाम
5. प्रत्याहार
6. धारणा
7. ध्यान
8. समाधि