

KANGCHENJUNGA, SIKKIM



Retired and Not Yet Tired

Sachin Deshmukh



A Book of Life....

- **Each one of us would have an easier life if we came on earth with a book that told us how to Live**
- **Which answered all of our questions about life and gave us all the support we needed in times of ups and downs....**
- **However, each one of us needs to find our own path and write our own book....**
- **Interactive Knowledge Sessions provides us the insights to write that book....**
- **Attending this session is the first step**



Abraham Lincoln 1809-1865

- Do not worry
- Eat Three Square Meals per day
 - Say your Prayers
- Be Courteous to your Creditors
 - Keep your Digestion Good
 - Exercise, Go Slow and Easy
- May be there are other things your Special case requires to make you Happy..
- But, My Friend, these I reckon will give you a Good Life!



Hippocrates : 5th Century BC

- “ Let Food be your Medicine and Medicine not be your Food”
- “ Eating alone will not keep a Man Well; He must also take Exercise”
 - Hippocrates
- Eat at Regular times. Our bodies, including our Digestive System functions well by Routine.
- It is amazing to see, “How good one feel by simply adopting this Practice, Irregularity of Diet creates Ill Health”
 - Sushruta





**Health
Is not absence of Sickness!**

- It is balance of
- **Mental-Physical-Social-Spiritual Self**



Mental

- + ve Attitude
- Alertness
- Creativity
 - Vigor
 - Peace
- Calmness
- Youthfulness
 - Freedom
 - Stress Free
 - Learning



2:00 AM to 6:00 AM Awake before 6:00 AM
Good for meditation

6:00 AM to 10:AM Good for exercise
Avoid sleeping into this period

10:00 AM to 2:00 PM Digestion is strongest
Largest meal at lunch (12:30)

2:00 PM to 6:00 PM Tendency for tiredness
Herbal tea & spices in water or milk
Rejuvenate with meditation

6:00 PM to 10:00 PM Evening walk
To bed before 10 PM

10:00 PM to 2:00 AM Metabolic housecleaning strong
Sleep for best purification