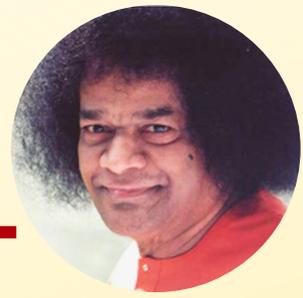




THE ALIKE RECONNECT



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Mind can't live without the body either

Hello everyone, I'm so glad to connect with you all lads and share some thoughts, although it's through my written words. I have been fortunate to have an exciting career in pro sports high performance training (both Olympic and Action sports). I have met, interacted, hosted and been friends with many pro athletes who derive incredible performance out of their body and mind. And I have observed that following a certain lifestyle and good habits can get anyone to a ballpark pro athlete entry benchmark. And I would love to share the secrets with you all in brief. Now would this suffice to hold your attention until the end of the article? It is better to do or I'm going to lose my attention to complete it.

'Mind can't live without the body either' - A to do list for the fountain of youth.

Did I get the title in reverse? No, I wouldn't blame my dyslexia for this one. We grew up hearing the proverb 'body can't live without the mind'. Our growing up years and education focuses mostly on conditioning (training) our mind. Hardly any time or effort is spent on conditioning our body. Post academics entering into professional lives we often do not get time to take care of our body. Extended period of time spent in front of screen or cabin space leads to a sedentary lifestyle. Often low energy in the body is caused by a sedentary lifestyle.

My experience in high performance coaching in the world of swimming has given me insights on life hacks which gives people with busy lifestyles, a trick to have a better lifestyle. Here I would like to share those with you!

Active lifestyle:

- Do not use motor vehicles for travel less than 5kilometres (better to use alternate modes of transport such as walking, bicycles, skateboards etc.)
- Always take the stairs
- Replace chairs with swissballs (gym balls)
- Learn two new type of sport every year, this improves your coordination skills (improved connection between cerebrum and motor cortex)
- Learn to swim 4 times a week for at least 30 minutes

You are what you eat:

- Our body is made up of cells. Fabrics of these cells are amino acids(protein). Every 35-90 days our body replaces cells. It requires amino acids(proteins) as new parts to replace the new cells. This obviously requires us to consume food rich in proteins. However, as Indians we consume more carbohydrates than proteins. The required ratio of protein to carbohydrates is 1:3. But one of our staple foods which is rice has the ratio of 1:20. Hence our body cannot make new parts as required. This is one of the reasons for aging.



Sri Partha Varanashi
Alike alumni 2000 batch

**Team India Swim Coach 2019 Presenter AUSTSWIM TSW, Australia,
Director, Surf Life Saving India, Swim
Director Nettakallappa Aquatic Centre, Bangalore
Puttur Aquatic Club,
Director Varanashi Swimming Academy,
Proprietor, Varanashi Organic Manures**



To have a better diet you can follow the points below:

- Sprouts and beans such as green gram, horse gram, kidney beans, chickpeas etc. have the protein to carbs ratio of 1:3. Increase the amount of these compared to rice in your diet
- Vitamins are essential for the normal functioning of our body
- Consume fresh fruits and leafy vegetables
- Avoid processed foods
- Cooking is also considered as processing. Hence keep at least 40% of your food raw
- Most of the food when cooked turns acidic, avoid eating acidic food.
- Consume enough fibres in your diet



Sleep/Recovery:

On an average an adult requires 6-8 hours of daily sleep. The circadian rhythm varies from person to person. It is said that losing 3 hours of sleep makes you 30% less efficient the next day. Regeneration of our cells happens during deep/REM sleep. Therefore remember that working without sleep is inefficient. Here are some points to improve your sleep:

- Do not workout 3 hours before sleep
- Do not consume sugar or caffeine in the evening
- Get 1 hour of sunlight (less clothes to get more sun on the skin and not in between 11am-3pm)
- Consume your dinner early (ideally between 5pm to 6pm)

Practice mindfulness:

- Think young! Never think or say that you are getting old. Keep telling yourself that you are in the prime of your youth. Body achieves what the mind believes. For real!
- Our body is a consortium of cells and each cell is a consortium of molecules. Our genetic material has the code which makes up human structure. Every cell is connected to the system which makes up a healthy life. The Kundalini yogis who have the knowledge to control their life at cellular level live long youthful lives. It's the mind working with the body at cellular level. Hence if we keep a positive attitude towards health we will achieve it
- Heart is one of the most important parts in our body. It pumps blood through the body which carries goodies to the cells and takes out the garbage. Our heart is linked to our emotions. If we have balanced options and good vibes towards everything our heart will thrive and so will our health.

In conclusion I'd like to say that the best investment one could make is on his/her health. This is something that I have experienced first hand and I wish that this awareness is spread far and wide to everyone.

My time in Alike has taught me many things and it's an honour to be able to do this for my alma mater. Among the many memories that I have from Alike, one that I remember the most is the chanting of the Sanskrit phrase 'Lokah Samastah Sukhino Bhavantu'. This is one of the best positive vibe chants. I miss the friendships, community living, amazing satvik food, sports meet, swimming session and much more. I wish Alike continues to provide the best education to the children who carve the future of our society.



ಬದುಕಿನ ಪಯಣ ನುಡಿಚಿತ್ರಗಳು

Author **Sri K. S. Krishna Bhat**

Book Releasing ceremony on 22-05-2020
at Smrithi Mantapa of Reverend Madiyala Narayana Bhat,
Alike



Most people have basic talents, but few nurture their skills and bring them to daylight. Rare few can do much more than that, and most of them can't even contain it themselves.

Sri Krishna Bhat is a virtuoso in fields of art, philosophy, and science.

He is popular for his energy levels and contagious enthusiasm.

He stuns people by his bizarre intelligence and profound wisdom.

He has impacted and transformed many young minds through his way of life. He recently contributed to the field of literature by publishing a book under the title 'Badukina Payana Nudichitragalu'.

The said book has two parts (Part 1 and 2) and was published by Sri Sathya Sai publication division, Alike. This book is a compilation of stories written by him during his journey of life. The book contains episodes that are impregnated with awe-inspiring examples and analogies to decipher life more meaningfully. These books explicitly reflect the profoundness of his thought process and his ability to develop a structured storyline to communicate nature's philosophy that forms the core of life's policies. These stories being filled with the sweet essence of life can cater to a wide cross-section of readers which includes students, teachers, writers, and the general public at large. The book release ceremony was organized near Smrithi Mantam (Rev. Madiyala Anna's Memorial structure) at Alike on 22-05-2020. All the elders of the Trust and educational institutions graced the occasion. Sri Chandrashekar Bhat, Secretary delivered the invocatory address and welcomed all the guests. Subsequently, the respected Chairman released the book and graced the occasion with his words of appreciation. Sri Gangadhar anna described the book as an uncomplicated work yet profoundly pregnant with wisdom. After the release, Sir Krishna anna spoke and relived his authoring days. He revealed Rev. Anna as the source of inspiration to undertake this mammoth task. He expressed heartfelt gratitude for the inspiration he continuously imbibed from Rev. Anna to pen his ideas and structure them as stories. He dedicated his stories of life at the lotus feet of Bhagavan Baba. Finally, Sri Sreedhar Sir from PU college shared his experiences working with Sri Krishna anna during his association with publication division as manager and offered vote of thanks. Attendees expressed their deep sense of appreciation and praised the author for his never give up attitude towards his passion. The program came to an end by offering arathi to Swami.



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Online Transfer with NEFT, RTGS to Trust Account.

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or whatsapp to Alumni coordinator: **Suresh Shilpi: 9591739236**

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