

*Save Your Heart  
For Someone You Care*

STRESS AWARENESS CAMPAIGN







## INDIA: WORLD'S SUICIDE CAPITAL

Suicides claim twice as many lives per year as HIV-AIDS, could overtake maternal mortality as the biggest killer

Courtesy - Registrar General of India's first national survey, 2001-03

IBN Live



## INDIA: WORLD'S SUICIDE CAPITAL

An estimated 1,87,000 people committed suicide in 2010

Courtesy - Registrar General of India's first national survey, 2001-03

IBN Live



## INDIA: WORLD'S SUICIDE CAPITAL

The highest suicide rates are in the young, wealthy and highly educated

Courtesy - Registrar General of India's first national survey, 2001-03

## INDIA: WORLD'S SUICIDE CAPITAL

Suicides claim 40% men and 56% women between the ages 15-29

Courtesy - Registrar General of India's first national survey, 2001-03

IBN Live



Replay



Share

# CA Students Stress & Suicides

ca students suicides - Google

https://www.google.co.in/search?hl=en&site=&source=hp&q=ca+students+suicides&oq=ca+stude

Search

Get Started With µTorrent Control

[CA student found hanging from ceiling fan - Times Of India](#)  
[articles.timesofindia.indiatimes.com](#) › Collections  
10 Jan 2010 – PUNE: A second-year **student** of chartered accountancy allegedly committed **suicide** by hanging himself from the ceiling fan in his room at Juhi ...

[Ghaziabad: CA student kills cousin, commits suicide - daily.bhaskar ...](#)  
[daily.bhaskar.com](#) › Delhi  
4 Apr 2011 – Ghaziabad: A 23-year-old youth shot himself dead after killing his cousin here allegedly over personal enmity, police said on Monday.

[Mumbai CA suicide case: husband arrested - India News - IBNLive](#)  
[ibnlive.in.com/news/mumbai-ca-suicide-case.../145983-3.html](#)  
15 Mar 2011 – Mumbai Police on Tuesday arrested Pawan Gupta, the husband of Nidhi Gupta who jumped to her death along with her two children off the ...

[CA STUDENTS ARE COMMITTING SUICIDE - Others Forum - Charte...](#)  
[www.caclubindia.com](#) › Discussion › Others › Knowledge resource  
10 posts - 9 authors - 11 Feb 2011  
**Students** has to make themselves strong mentally they can pass **CA**. I am not targeting or stressing up only on Who Committed **suicides** but ...

[CA student Commit Suicide on failure in Exam](#)  
[taxguru.in/.../ca-student-commit-suicide-failure-exam.html](#)  
by Sandeep Kanoi - in 107 Google+ circles  
16 May 2012 – A girl **student** allegedly committed **suicide** by hanging herself with a ceiling fan after she remained unsuccessful in **Chartered Accountant (CA)** ...

[CA student commits suicide - TeluguPeople.com News](#)  
[www.telugupeople.com/News/news.asp?newsID=69318&uid...](#)  
3 Oct 2011 – Hyderabad, Oct 03 (INN): A 23-year-old **student** of a private college was found dead at a rented room where he was living for the past several ...



# Divorce trends in the world

Sweden – 54.9%

[United States](#) – 54.8%

Russia – 43.3%

[United Kingdom](#) – 42.6

Germany – 39.4%

Israel – 14.8%

Singapore – 17.2%

Japan – 1.9%

Srilanka – 1.5%

India – 1.1%

- Divorce Trends of Delhi

1960's – 1-2 cases per year

1980 – 100-200 cases per year

1990s – 1,000 cases per year

This decade...a jump to 9,000 cases per year

## ROAD RAGE KILLS



### AUTO-DRIVER BEATEN TO DEATH?

An autorickshaw-driver allegedly beaten to death

IBN Live

CNN  
IBN

## ONE DEAD IN DELHI ROAD RAGE

New Delhi



### ROAD RAGE IN DELHI

Incident took place at Khan Market

IBN Live.com

CNN  
IBN

## ROAD RAGE KILLS 1 IN DELHI



BOTH ARGUED OVER MINOR ACCIDENT

NDTV

आज का  
बदली संघर्ष

## रोड रेज में बीजेपी पार्शद की पिटाई

DELHI



पार्शद बलवीर त्यागी को ऑटोसवार युवकों ने पीटा

INDIA



[Home](#) > [Cities](#) > [Delhi](#) > [Dengue Outbreak In Delhi](#) > [Dengue cases in Delhi breach 10,000 mark, 30 deaths confirmed](#)

## Dengue cases in Delhi breach 10,000 mark, 30 deaths confirmed

The worst dengue outbreak was in 1996 with 10,252 cases and 423 deaths.

## Swine flu death toll touches 2,123

Twelve people have also died of the disease in Delhi which has seen 4,249 cases in 2015.



SECTIONS

[HOME](#) | [ALL INDIA](#)

## India is world's coronary, diabetic capital, says expert

[All India](#) | [Press Trust of India](#) | Updated: November 17, 2013 15:07 IST

- **India will soon bear the largest burden of heart disease globally:**
- 
- Out of 1.27 billion POPULATION 45 million people suffer from [coronary artery disease](#). It is estimated to account for 35.9% deaths .50% BY 2030
- **Heart disease is more prevalent in the younger generation (25-35)**
- **The risk of heart disease is highest in urban population:** over 70 per cent of the urban Indian population is at the risk of being diagnosed with heart disease. This is mainly due to unhealthy eating habits, lack of physical activity and [stress](#).
- **Sedentary lifestyle is a major cause of death due to heart disease:** **Physical** inactivity doubles the risk, increases the risk of high blood pressure, imbalance in lipid levels and [anxiety](#).
- **[Diabetes](#) and [hypertension](#) have increased heart disease cases:** ‘The population of diabetics in India is about 50.8 million, which according to the International Diabetes Federation is by far the highest number reported among all parts of the world.

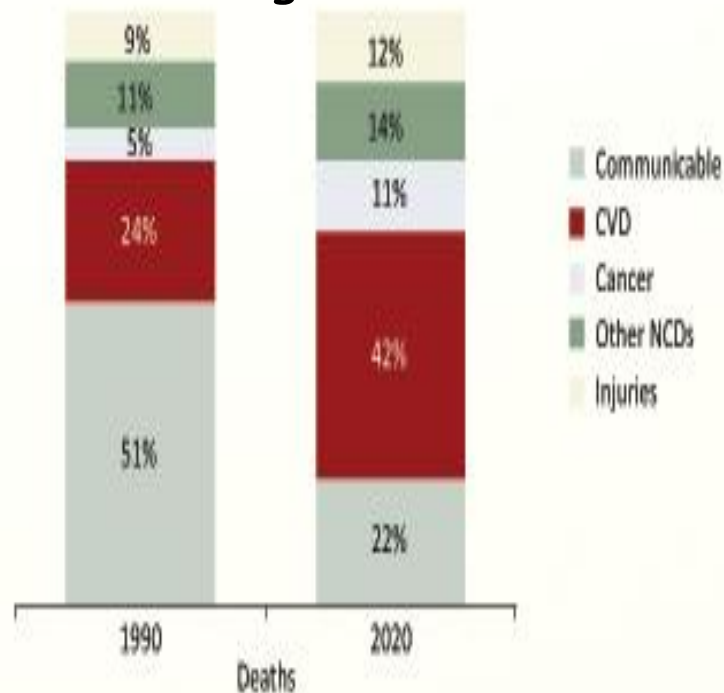


# India to be heart attack capital of the world by 2020: experts

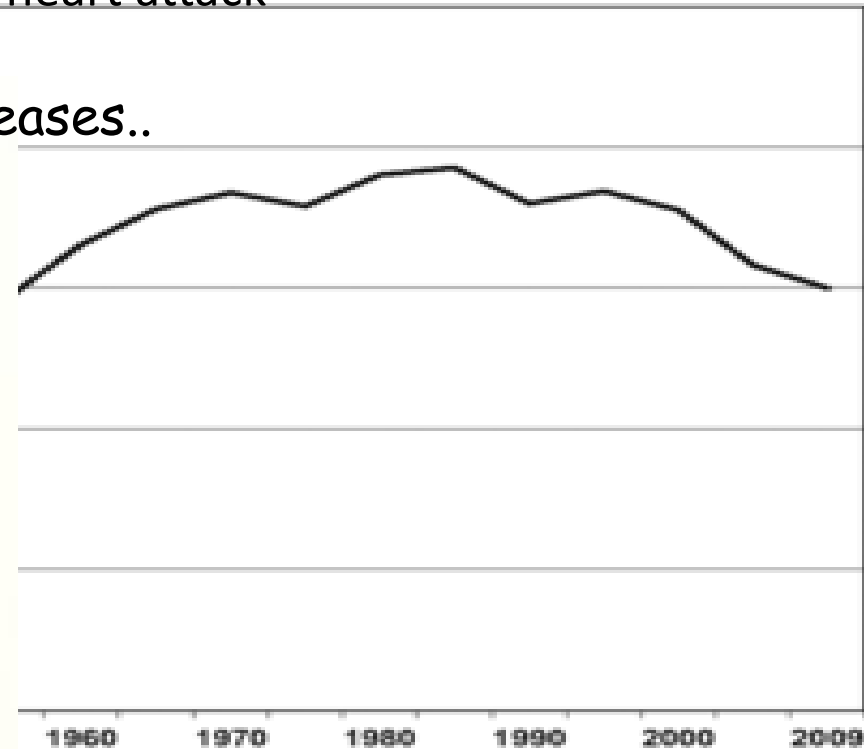
With the number of people suffering from heart disease likely to increase from an estimated Rs 2.7 crore in 2000 to 6.15 crore by 2015, AND 7.5 crores By 2020 .

Medical experts say India could become the heart attack capital of the world by 2020

**STRESS - Leading cause of Heart Diseases..**



Source: ICRIER Year 2008



**Drop in Heart Patients IN USA**  
**By 2020 since 1990 by Over 65%**

# IDENTIFYING STRESS



- Main Cause of Stress - 90% lack of Awareness of One's Own Self . Rest is Environment around us

COMPETITION

JEALOUSY

WORK STRESS

RELATIONS

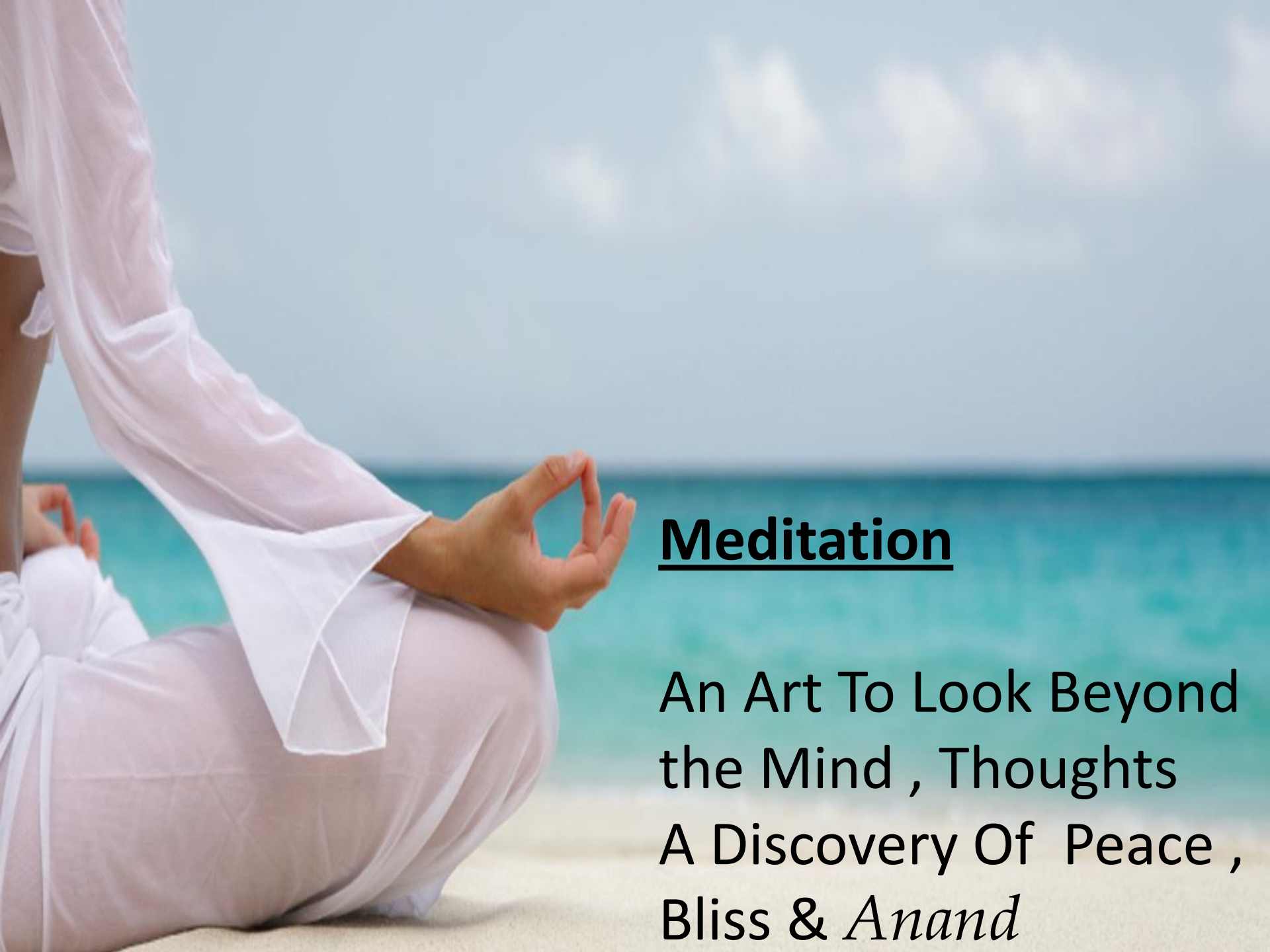


# Personality Development

- Stress Free Living
- Communication with Confidence
- Be A True leader
- Share Your Knowledge







## **Meditation**

An Art To Look Beyond  
the Mind , Thoughts  
A Discovery Of Peace ,  
Bliss & *Anand*

# What Is Meditation

- Its Simple,natural and secular
- An Art of Looking Beyond Thoughts
- An Awareness of My Being, Identity more than my name and fame
- Close Your Eyes and Let Awareness Flow Inside



# HOW TO MEDITATE

- Find Quiet place , sit healthy
- Just see and Observe the thoughts that come
- Don't use your imagination nor get involved
- Good Or Bad Thoughts Both are Mind Games
- Maintain your consciousness and awareness
- Neither concentrate nor force





# Health Benefits Of Meditation

- Decreases the respiration rate ,Profound relaxation and deep rest
- Lowers Blood pressure , reduces tension ,Anxiety and Stress
- Safe and permanent solution from Depression and emotional swings
- Reduces Heart disease, Hypertension , Cardiac Arrest
- Harnesses the hidden sources of energy and activates the energy plexuses
- Besides generating good health, providing all round physical, mental and emotional development

# Benefits on Psychological level

- Greater creativity, Sharpens intellect and mental skills.
- Enhances concentration at Work and at Study
- Transforming life with clarity, focus, right thinking, strong will power, optimism, fearlessness, and a decision making mind.
- Develops emotional strength and stability, cultivating positive inner states such as love, bliss , kindness, patience, tolerance and compassion .
- Releases all negativities such as stress, worries, ego, reactions, jealousies, complexes, regrets and grudges
- Increases Sense of Acceptability.

# Awareness Campaign For Dying Tigers and Green Planet

We Save Our Tigers



We Save Our Planet





# Awareness Campaign For Tobacco, Smoking , CANCER & AIDS

smoking is suicide



# Time We Save Our Selves From Stress ... ....And Heart Attack

Coz Life's Precious ...Your Families Need You

We protect ourselves with Music & Meditation  
How Do u...Share your Thoughts

Join Group Meditation Sessions  
Every Sunday 7. 30 AM To 9 AM  
Address: 1, North West Avenue  
West Punjabi Bagh , New Delhi

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