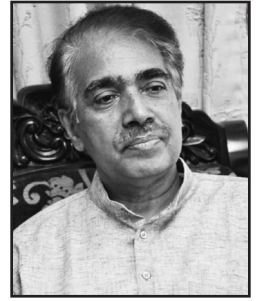


**EDITORIAL****Managing Stress through ‘Vairagya’**

Several Managers/administrators suffer frequently from anxiety and stress, related to work. They resort to taking pills for depression or for elevating their moods to be active. These are chemical means of controlling the brain for temporary relief and are not sustainable. In fact it can be damaging to one’s initiatives and capabilities in the long run and become a slave to such mood elevator pills and anti-depression pills. Yoga, meditation and practice of ‘vairagya’ are the golden methods for sustained recovery from mental stress and depression. These will not only get rid of the negative anxieties and mental depressions, but put the practitioners at peace and on a positive path to recovery and re-energise for better performance with self- confidence and improved leadership.

Yoga and meditation lead to ‘self-realisation’ and accepting one’s worldly profession as ‘dharma’ or divine duty and promote committed ‘work’ without attaching to results for ‘ego’ satisfaction or for personal benefits. One enjoys the accomplishment of tasks for the benefit of the organisation, society and Nation. The achiever as a member of the team or as the team leader, rejoices in the accomplishment of the team. Thus he/she does not attach to the results for selfish goals. That is ‘vairagya’. In ‘Bhagavat Gita’, Krishna advised Arjuna to control the restless mind through practice of ‘vairagya’ - detachment, while making all efforts with mind and body and all resources to do his dharma (duty) and achieve the task. This is in fact the ‘Nishkama Karma’. There is no desire for self promotion. But it is not ‘inaction’ but positive, energetic action for achieving the common goal of the team. Spiritual masters of Asia have extolled the virtues of ‘vairagya’/ detachment. Ancient Asian thoughts and philosophies of Hinduism, Jainism and Buddhism, Taoism, Confucianism have promoted the practice of ‘vairagya’ for achieving the tasks, without stress and anxiety for the mind. Detachment is one of the supreme ideals for karmayogies (Managers/administrators and the like) exhorted by Hinduism, Jainism and Buddhism and Zen Buddhist and Confucian philosophy from China. Swamy Vivekananda proclaimed ‘work is worship’. Dr Deepak Chopra, millionaire Indian American best-selling author, philosopher and spiritualist, in his book, ‘The Seven Spiritual Laws of Success’ write about ‘Law of Detachment’ as a powerful tool to acquire anything successfully anywhere in this universe. Only one is to relinquish one’s egoistic attachment to the result..

**Dr. C.G. Krishnadas Nair**

Chairman - Editorial Advisory Board