From the Desk of the Editor:

Dear Readers

Let’s share some details about Stress. Stress is defined as the reaction of the body towards any change. But nowadays doctors refer to stress as the reaction of the body towards a change that is negative to the body. In today’s world stress is probably the most widely spoken disease, if that should be called a disease. The reason being that quantum of negativity has increased due to work pressure, competition and population explosion. This surely affects the body very badly. One of the most important ways by which stress affects the body is that it causes depression and thereby makes the body heavier to move. So a person undergoing stress somehow manages to get into what is called a vicious circle. A person is under stress. So he is unable to move freely. And, because he is unable to move freely, he is getting into more stress. Stress gets into the human mind and body very slowly most of the time. So the person undergoing stress most of the times is unable to realize that it is setting in his system. It is the slowest and surest “disease” affecting mankind today. It can be more dangerous than some of the so called severest of the diseases.

Regards,

Editor-in-Chief.