

## International Mens Day with Viveck Shetty on FM Rainbow



Mumbai, Nov 21, 2019 ([IssueWire.com](http://IssueWire.com)) - International Mens day 2019 came into sharp focus on FM Rainbow 107.1 MHZ with a special episode dedicated to this event, that saw the presence

of **Yogi, Mystic, and Life Coach Viveck Shetty**, expressing his views on a range of issues pertaining to **Men's health and Boy's health**.

**Anger Management, addiction to Alcohol and Drugs**, the eternal battle of the sexes were some of the issues that Viveck Shetty touched upon in his hour-long interaction with **Radio Jockey Girija** at the FM Rainbow studio. Speaking on anger management, he stated "When you're angry the oxygen supply to your brain is reduced and as a natural consequence capacity for rational decision making is also reduced. **Repeated bursts of anger** will also ensure that the immune system is highly compromised and eventually may lead **to multiple problems like indigestion, high blood pressure, and a few more lifestyle conditions.**"

When asked about the role of **Men as Husbands and Parents**, Viveck Shetty opined that men need **to graduate from being landlords to gardeners in their role as parents. He elaborated that raising a child simply means that like a gardener we have to provide the right conditions for the child to grow. So just as a gardener provides the right amount of water, adequate exposure to sunlight, right soil conditions; the parents have to provide the right environment for the child to evolve.** More often than not **men behave more as landlords and less as gardeners when it comes to raising a child.**

In the last segment, he dwelled at length on **relationships, marriage and the importance of understanding the opposite sex.** He observed " Two people trying to become one through marriage or any other format is a wonderful idea, but we need to pay more attention to the process. Due to lack of attention to the process, **like western societies, Indian society is also witnessing a rapid crumbling of the institution of marriage, break down of relationships and the idea of having multiple partners in a lifetime is increasingly becoming common.** For the longevity of relationships, it is important to explore the idea of becoming one beyond the immediate physical dimension to higher dimensions like energy and mind." He signed off by observing that only when we explore and understand these higher dimensions of energy and mind, oneness will truly arrive upon us and relationships will be more of enrichment, rather than entanglement.

**Picture Caption:-**

**Viveck Shetty with RJ Girija at FM Rainbow Studio**

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