

**International Symposium on**

***YOGism for Healthy & Happy Living and Aging***

*\*Cosponsored by Central Council for Research in Yoga and Naturopathy (CCRYN, Govt. of India)  
and*

***C.M.E. On Management of Life Style Health Problems of Global  
Importance through Yoga, Meditation and Naturopathy***

*\*Supported by MCI, ICMR, CSIR, DST and DBT*

*\* in communication*

**December 6-7, 2010**

**AROgyADHAM**

**Mahatma Gandhi Institute of Medical Sciences**

Sevagram (Wardha) - 442 102, M.S., India

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AROgyADHAM, a Centre for Promotion of Positive Health ([www.arogyadham-seva.com](http://www.arogyadham-seva.com)) at Mahatma Gandhi Institute of Medical Sciences, Sevagram, a place hallowed by the Father of the Nation, is organizing **International Symposium on 'YOGism for Healthy & Happy Living and Aging'** during December 6 - 7, 2010.

**Introduction:**

*YOGism is simple living in harmony with  
Nature and concern for whole Universe.*

**Based on eternal Vedic wisdom of**

1. *Beauty of Unity in Diversity (Visualize Garden with variety of flowers)*
2. *Vasudeva Kutumbakam & Sarve Jana Sukhino Bhavanthu (whole World is one family and let all people be happy)*
3. *Poornamadah Poornamidam Poornaatpoornamudachyat  
Poornasya Poornamaadasya Poornamevavashishyate*

- *Ishopanishad*

*(Whole Universe (living and non-living) has got an integral existence. It is interrelated,  
interdependent and cohesive in nature).*

We are not isolated beings. We are part of Universe and thus inter connected. Man is unique individual made up of complex emotions, appetites and desires. **YOGA way of Living (YOGism) harmonizes the body, mind and spirit and connects to the *One* ness of the Universe.**

**YOGism for Healthy & Happy Living and Aging**, is the need of the hour and a challenging topic of discussion for humanity, irrespective of race, religion and philosophies of the World. Further, it has to withstand the pressure of commerce driven consumerism and economic exploitation by aggressive and intelligent multinationals. Where communism failed, capitalism is failing, **YOGism** is bound to succeed in creating peaceful world. **YOGism** fits **New Age Movement (NAM)** as well and arrests loosing battle with Nature. NAM says that God / Almighty is all, then Nature is part of God. **Thus man must get in tune with nature and learn to nurture it and be nurtured by it.**

Yogasanana, Pranayama, Meditation and Naturopathy have been shown to be useful in purification of body and mind and thus help in promotion of positive Health. Life style Medicine is being recognized worldwide and rapid scientific advances are being made in the west in understanding the beneficial effects of Yoga and Meditation / Mindfulness for better health and in disease management. Twenty million

**Kind Attention:**

**YOGA Experts, Researchers & Practitioners:**

*Please block the dates in December 2010 for active interaction. Simple and Warm Welcome awaits you at Gandhi's land, Sevagram, India. We can assure you Scientific feast in ancient wisdom with lifetime experiences in Nature cure & Yoga therapy.*

**Travel Fellowships:** 50 Travel Fellowships covering Registration fee, travel support and local hospitality are available to attend International Symposium on **YOGism for young Indian faculty in clinical branches of allopathic medicine.**

**For further details, the interested may please contact:**

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people are practicing Yoga and Meditation in United States. Crores of people throughout the world are following Swami Ramdev's guidance through TV and doing Pranayama in the mornings for better health.

India with its vibrant living mythology, varied spiritual and religious traditions along with growing science and technology has the required ingredients for establishing wisdom based culture and in playing a significant role in the ushering of the New Age.

In the Symposium, an attempt will be made to present **YOGism as an Art of Living in Harmony with Nature and concern to the whole Humanity irrespective of one's religious belief**. Yoga as a Science of Holistic Living will be emphasized and effort will be made to disseminate the scientific and technical advances in the field of Yoga and Life style Medicine at experiential level practiced by yoga experts teaching Yoga practices including Pranayama, Meditation, Love and Service.

The issues and lacunae will be discussed for bringing Naturopathy (Drugless system)/ Lifestyle Medicine and Yoga in main stream of Primary Health care delivery System/ Integrated System of Medicine.

**The deliberations in the Symposium and CME are designed to benefit health care practitioners, researchers and in particular modern youth to understand the importance of YOGism for happy and successful living.**

#### **Objectives:**

1. To present **YOGism** as simple living in harmony with Nature and concern for whole Universe.
2. Discuss the role of *Yogasana* in body relaxation, *Pranayama* in energy balancing and Meditation in calming down the mind and thus in management of Life style health problems.
3. To highlight the advances in health sciences by combining the best of the east (Yoga & Spirituality) with that of the west (modern scientific research).
4. To sensitize and motivate doctors in modern medicine to introduce Naturopathy and Yoga therapy as primary intervention in management of life style health problems (Integrative Medicine model)

#### **Major Topics that will be covered in the Symposium:**

1. Yoga and personality development in children
2. Yoga and Innate Immunity
3. Simple and Natural living for joyful life
4. Fasting in healing and detoxification
5. Relaxation techniques for stress free life (Savasana, Yognidra, Guided relaxation etc.)
6. Yoga - the therapeutic life style management.
7. Lifestyle changes - A better option for prevention, progression and treatment of metabolic syndrome
8. Diet and Yogasanas for obesity
9. Pranayama in Management of Allergy, Bronchial Asthma
10. Massage and sukshma Vyayam for chronic Arthritis.
11. Manipulative therapies and importance in health care (Massage, Osteopathy, Chiropractic etc.).
12. Meditation in stress management:  
❖ Transcendental, ❖ Anapanasati, ❖ OMKAR,  
❖ Mantra Meditation, ❖ Chakra Meditation,  
❖ Vipassana, ❖ Cyclic meditation,  
❖ Mindfulness, SKY (Sudarshan Kriya)
13. Yoga therapy for menstrual disorders
14. Yoga and Aging problems such as Alzheimer's Disease etc.
15. Yoga and urban health problems
16. Integrative cardiology; Integrative Diabetology; Integrative Neurology; Integrative Psychiatry; Integrative Child and Womens' Health with Yoga
17. Naturopathy & yoga - as primary intervention in health care

#### **Keynote addresses (On invitation)**

1. **YOGism** is an art of living for better physical, mental, emotional and spiritual health.
2. **YOGism** - for better management of life style related health problems
3. **YOGism** - the best medicine for global ills of today.

#### **Panel Discussion:**

Life time experiences in Naturopathy & Yoga therapy - Leads for Clinical Research

#### **C.M.E.:**

A CME on Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy by talks from eminent researchers will be followed by Poster sessions.

About 30 eminent Speakers and Panel Discussants and about 250 Delegates from all over India and abroad are expected to participate in this event.