



Kasturba Health Society's
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Message

Dear Dr. Harinath,

I am glad to know that National Symposium on 'Healthy Yoga Lifestyle – for Prevention of Lifestyle Diseases' is being organised on 10-11th September 2015 at Arogyadham, MGIMS, Sewagram.

The Lifestyle Diseases have risen to alarming proportion the world over during the last few decades. Around the world diabetes, obesity and cardiovascular diseases are affecting health and well-being of hundreds of millions of people. These diseases are no longer confined to the developed world as millions of people in the developing countries are adopting a westernized lifestyle and are being affected by these diseases too. The risk of developing these diseases depends on a lot of factors including the type of work, work environment, physical activity and susceptibility to stress.

Environment and tension in which the modern man is crushed physically, economically, psychologically and mentally, the Healthy Yoga Lifestyle has brought a new hope. It is important to understand these lifestyle diseases because people today are living too short and dying too long. The broad scope of yoga has made it easy for people from all walks of life, whether busy or active or even sedentary, to follow their own selective techniques, suited to their lifestyle. The Yogic life style can be adapted and merged into any lifestyle with ease.

This Symposium will definitely help everyone to gain a good knowledge of all the factors that affect human health, for disease and its prevention. The regular Yogic practice can bring an amazing eternal strength to strive against lifestyle diseases. We will know the importance of Yoga, meditation, balanced diet and understand how to treat obesity and other lifestyle diseases.

I hope that the discussions in the symposium under your leadership will be a great success.

With best regards,

Yours sincerely

Dr. K. R. Patond

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