

From the Desk of Organizing Chairman



Prof. B.C. Harinath

The UN general assembly adopted an India-led resolution with 175 nations as cosponsors, declaring June 21st as 'International Day of Yoga' (IDY) recognizing that Yoga provides a holistic approach to health and well being. Dr. H.R. Nagendra, Chairman of IDY Experts Committee writes prophetically that it was a great day for India and **beginning of new world order**.

Arogyadham, a Centre for Promotion of Holistic Health at Mahatma Gandhi Institute of Medical Sciences, Sevagram, a place hallowed by the Father of the Nation, is appropriately organizing, National Symposium on 'Healthy Yoga Lifestyle' during September 10-11, 2015. Globalization of unhealthy lifestyles far away from nature has lead to increased non-communicable / Lifestyle diseases.

Yoga is a 'science of Holistic Living' has been well recognized by International Community. Interestingly 'Holistic Living' was not defined either in wikipedia or Oxford dictionary in 2006. In the National Symposium on 'Science of Holistic Living' in November 2006, we deliberated and defined **Holistic Living as Simple, Spiritual, Peaceful, Purposeful and productive living in harmony with Nature and concern to the whole universe**. Holistic living based on eternal values (Sanatana Dharma) or secular ethics free from religion and sectism may be universally acceptable and a better tool to create new world order with peace and happiness (SEVAMED Editorial, Dec. 24, 2006).

YOGism is philosophy of Yoga or Yoga Way of Living. When we searched internet, the Free dictionary states that YOGism as an orthodox Hindu Philosophical system concerned with the liberation of the self from its non eternal elements or states. When one searches Google for YOGism, it is full of Yogi Berra – Quotes with lack of sentiment and precise understanding of Yoga by the social media. Again Arogyadham organized International Symposium on YOGism for Healthy & Happy Living and Aging' during December 6-7, 2010. **YOGism was further defined as simple way of living in harmony with nature and concern for whole Universe. Simplicity, Spirituality and Service are three pillars and YOGism harmonizes the body, mind and spirit and connects to Oneness of the Universe. In brief YOGism is 'live Simple, live Spiritual and live to Serve' the needy** (SEVAMED Editorial, April, 2011). Yoga lifestyle is the best preventive medicine for lifestyle diseases.

Automation, nuclear family with consumeristic, self-centric, stressful and fast living style away from nature has lead to rapid rise in lifestyle diseases namely cardiovascular diseases, cancer, diabetes, obesity etc. with increased healthcare costs to individuals and Nations. WHO has come out with 2008-2013 action plan for prevention and control of non-communicable diseases



suggesting anti-tobacco measures, reduce alcohol consumption, promoting healthy diets and physical activity emphasizing the importance of lifestyle modification (SEVAMED Editorial, January, 2013).

Healthy Yoga Lifestyle is the need of the day for prevention and control of lifestyle disorders (SEVAMED Editorial, April, 2014). International recognition of Yoga has come at the right time.

Mindfulness meditation based on Yoga Nidra and Vipassana has been made popular and extensively being researched in Western World. Similarly the benefits of Yoga, Pranayam, Meditation, Third Eye / Kundalini awakening measured by sophisticated instruments will be extensively explored in the coming years.

We are thankful to DST and ICMR for providing financial assistance. Our grateful thanks to our esteemed President Shri. Dhuru S. Mehta for his encouragement and prompt support for organizing this Symposium on Holistic Health by Arogyadham.

We are overwhelmed with acceptance of our invitation by distinguished yoga experts to share their experiences. We are also pleased that number of delegates in particular students are attending, showing interest in wellness lifestyle. We are grateful to all of them for making this Symposium a success. There are considerable limitations to organize such as event at Sevagram, a rural area. The Organizing Committee is making all the efforts to make your stay comfortable, interaction enjoyable and memorable. I am grateful to each and every member of the Organizing Committee for their whole hearted support. My thanks in particular to Dr. A.M. Tarnekar for cheerfully handling the difficult accommodation and transport job. I request for your pardon for any short comings you come across.

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Prof. B.C. Harinath

