

From the Desk of Organizing Secretary



Dr. Praveen Khairkar

Looking at the future of fears and hopes vacillating in Health Care domain, one cannot eternally remain in the ambiguity between 'to be' and 'not to be'. With this vision in mind and aura of change and openness for healthy yogic lifestyle with welcome aroma of naturopathy, we have organized this 2 day Symposium cum CME program with the simple theme of "Healthy Yoga Lifestyle – for Prevention of Lifestyle Diseases". On behalf of Organizing Committee, I am delighted to welcome you all for this collective event to be organized in our serene Institute on 10th & 11th September, 2015.

I am highly indebted to all dignitaries, academicians, professionals, scientists and adorable participants who volunteered to contribute. This event will undertake to address issues related to spectrum of health emerging problems from mental health to longevity and Brain to Heart. You will witness vigorous enthusiasm and sparkling insights with essential integration of “all good” perspectives and shared common vision.

I gratefully acknowledge the co-operativity, easiness and enthusiasm of supporting funding agencies, President of KHS, Secretary of KHS, Dean, MGIMS, Sevagram and relished the guidance of Dr. B. C. Harinath, an epitome of strength and peace, who believe to reaffirm faith in fundamental forces of nature and healthy yoga & meditation lifestyle. I hope for all pleasant movements, interactions and success ahead.

With lots of love...

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