



From the Editor's Desk

World Health Organization has defined Health, as "a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity, almost about a half century ago. When we look back to Indian history, the concept was almost 26,000 year back, and documented to be evolved during Satyug. The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. The mind-body connection and union is a very real thing and also part of our modern world. From the Buddha to Thomas Carlyle, who wrote, "There is but one temple in the universe....and that is the human body," the union between self, consciousness, happiness, and the body. It is important to remember always that the body is nothing but the reflection of mind. Whatever are the feelings originate from your body responds to it.

Lifestyle diseases are different from other diseases as they are potentially preventable, and can be lowered with changes in diet and lifestyle. Though science and technology has provided significant success, peace of mind is lacking. Science is not able to find solution for the PEACE. The concept of yoga practicing in our daily life is a holistic approach towards health by means of union of mind and body as supporter in simple words bringing science closer to spirituality. The science is understanding based on the matter (deals with outer world) while spirituality is understanding based on mind or consciousness (deals with inner world). Mind body medicine focuses on interaction between the brain, body, behaviour, emotions, social behaviour which are directly affecting health status of individual. Practicing yoga, meditation typically focuses on intervention strategies to promote health through relaxation, reducing stress, stimulating cognitive domain, charging internal environment. With re-emerging acceptance and importance of the role of holistic medicine, where body, mind and soul as a whole is considered for relief from disease, this National Symposium on Healthy Yoga Lifestyle for Prevention of Lifestyle Diseases may stimulate research for better health care and also help to bring science closer to spirituality.

Modernization has revealed its impact, as incidence of non-communicable diseases has increased over last decades. Junk food, lack of exercises, tremendous stress for the survival of each race and abuse of nature to live luxuriously has changed the internal environment of man and become more susceptible for these diseases. Holistic living as a simple, spiritual, peaceful, purposeful productive living harmony with nature is the way out and one should practice it daily. Practicing meditation and yogasana at least 10 minutes a day help in physical and mental health which are important for healthy body and sound mind. Healthy mind dwells in healthy body.

We are also grateful to active and continuous support of our President Shri. Dhirubhai Mehta, Secretary KHS Dr. B.S.Garg and Dr. K.R.Patond, Dean, MGIMS, Sevagram. A very special thanks to Dr. B.C. Harinath, Organising Chairman for having faith on us and his wide vision and valuable guidance make the symposium possible and successful.

From bottom of our heart we thank deeply the Dept. of Biochemistry & JBTDR, BIC and Arogyadham staff, organizing committee and the faculty from other departments of our Institute who have guided & helped and worked hard to make this event successful. We will like to convey thanks to all guest speakers and delegates who have come from different parts of India. An attempt at all levels is being made by Editorial board members and organizing committee to publish the Proceedings of the Symposium. We kindly request you to pardon us for any typographic mistakes in the proceedings.

Eds. – Mr. Pramod Deshmukh
Mr. Lingaraj Jena
Dr. Pranita Waghmare

