

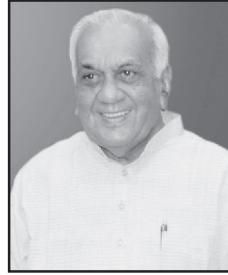
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## Kasturba Health Society

(Bombay Public Trust Reg. No. F-87 (W) & Society Registration Act 1860, Reg. No. 95 / 64 Wardha)  
Post - Sevagram, District Wardha, Maharashtra, 442 102

President : Dhiru S. Mehta  
Secretary : B. S. Garg



### *Message*

I am happy that Arogyadham, JB Tropical Disease Research Centre is organizing National Symposium on 'Healthy Yoga Lifestyle – for Prevention of Lifestyle Diseases' & C.M.E. on 'Role of Yoga, Nature, Nutrition & Meditation in Promotion of Holistic Health' during September 10-11, 2015. Automation in the name of convenience and comfort, nuclear family with consumeristic and self-centric living style have affected human physical, emotional and spiritual health. Globalization of unhealthy lifestyle far away from nature has lead to increased non-communicable / lifestyle diseases.

It is heartening that UN general assembly adopted an India-led resolution declaring June 21 as 'International Day of Yoga', recognizing that "Yoga provides a holistic approach to health and well-being.". The resolution on 'International Day of Yoga' was introduced by India's ambassador to UN and had 175 nations joining as co-sponsors, the highest number ever for any general assembly resolution.

Arogyadham is a Traditional Health Care and Research project of Kasturba Health Society for promotion of Holistic health in addition to preventive and curative aspects of health care in lifestyle health problems with Naturopathy, Yoga and Meditation and to live in harmony with Nature.

I am sure that the YOGA way of simple living is the need of the day for better physical and mental health and is a challenging topic for discussion on protecting environment, reducing consumption and creation of peaceful World. I hope the Symposium and CME will sensitize and motivate young doctors in modern medicine / Indian medicine on awareness and potential on Indian systems of medicine in particular Yoga & Naturopathy and Ayurveda and the need for integration in healthcare in prevention as well as management of Lifestyle diseases and provide a holistic approach to health and well-being and would be beneficial for the health of the world population.

I wish the visiting experts from all over India and the delegates a pleasant stay and good get together at Sevagram, the land of Gandhi and also wish the Symposium all the success.

*Dhiru Mehta*  
Dhiru S. Mehta