

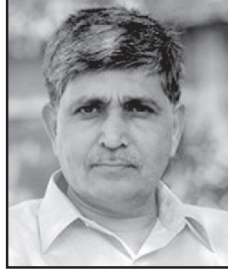
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Kasturba Health Society

(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



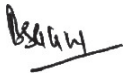
Message

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

Today the Lifestyle diseases have emerged as a major public health challenge. The meditation and yoga can bring a change in lifestyle in order to prevent these diseases. In the present era of globalization and market economy, where climate change is affecting human life. Yoga has already emerged as an important tool to prevent the lifestyle diseases such as hyper-tension, diabetes, obesity etc. Yoga strengthens our immune system and thus helps the body to fight with the diseases.

This Symposium will surely proved to be of immense help for the participants and all others to improve their knowledge related to prevention of lifestyle diseases and adopting yoga and meditation.

I wish the discussions in the symposium under the leadership of Dr. Harinath will be a great success.



(B. S. Garg)
Secretary