



From the Desk of Organizing Chairman

In place of simple and natural living, fast life, junk food, sedentary life style, environmental pollution, consumerism and stress associated with globalization are becoming causes of high incidence of Life style diseases such as diabetes, heart disease, hypertension, hyperacidity, obesity etc, the so called 'silent killers', boosting sales of life style drugs. WHO projects that by the year 2015, chronic non infectious ailments could kill more than 400 million people world wide and further cautions that they can be reversed and prevented by healthy life styles. The clue to 'Right Living' is summarized in Bhagavad Gita as: he who is moderate in food, activity, entertainment, sleep and wakefulness attains yoga, which destroys suffering. No wonder millions of people in western world triggered by health consciousness are practicing yoga. Corporate America is embracing Indian philosophy in a big way, focusing on inner peace and happiness. Considerable research is being carried out on beneficial effects of Yoga, Pranayama and Spirituality in management of health problems at VYASA, and Dev Sanskriti Universities with international collaboration. Meditation is being used in management of stress related health problems.

India with its cultural diversity, vibrant living mythology, varied spiritual and religious traditions and galaxy of Gurus bringing spiritual transformation amongst humanity, has all the potentials to lead the world in wisdom based culture. With this in mind we invited Spiritual Teachers propagating Yoga, Pranayama, Meditation and Devine culture to meet, interact and deliberate on Holistic living and its Global Application at Sevagram, the place hallowed by Father of the Nation.

It is heartening to note that eminent teachers of modern medicine are actively involved in researches on yoga. We are grateful and indebted to the Spiritual teachers, eminent medical teachers and alternate medicine experts and other intellectuals who could make it convenient to participate in this symposium. We deeply appreciate their cooperation in sending the extended abstracts and valued views, meeting the publication deadlines. We are hopeful that the deliberations will help in formulating a module on 'Holistic Living' with flexibility to apply in life by one and all for better physical, mental and spiritual health and the world peace.

We are very grateful to KHS, ICMR, DST, MCI, CSIR, DBT and AYUSH for providing the financial support and encouragement. I take this opportunity to appreciate the hard work of Mr. Pramod Deshmukh, Dr. T. Karthickeyan and Mr. Sanjay Manmode (Swami Printers) in bringing out the Proceedings in time.

There are considerable limitations to organize such an event in this rural area. Every attempt is being made by the organizing committee to make your visit pleasant and useful. I request for your pardon for any short comings you come across.

November 1, 2006

Prof. B. C. Harinath

