

MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES

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Dear Dr. Harinath,

I am glad to know that International Symposium on YOGism for Healthy & Happy Living & Ageing is being organised on 5-7 Dec 2010 in MGIMS Sewagram.

In the last few decades the morbidity & mortality due to non communicable diseases has risen to alarming proportion world over including in India. These include coronary artery disease, stroke, cancer, diabetes, arthritis, rheumatoid arthritis, macular degeneration, cataracts, Alzheimer's dementia, Parkinson's disease, multiple sclerosis and many more. The interesting fact that the life expectancy has increased remarkably is another dimension to the whole thing. It is important to understand that because of these diseases and many more the people today are living too short and dying too long. This just means that the life has changed drastically and many -a-times it is seen that the people are living their lives struggling and fighting the diseases more than doing anything else more constructive with their time.

In the environment and the tension in which the modern man is crushed physically, economically, psychologically & mentally, the science of yoga has brought a new hope for the modern man.

The growth of science, investigations and inventions of modern gadgets of electronics has made a man a simple slave and a person with no patience and discrimination. He has become a simple racket of very lower nature, of lust and anger, jealousy an ego.

Regular and sincere perseverance in the field of Yogic practice can bring an amazing hidden power, a great magazine of the eternal strength to strive against these devilish traits and can uplift us towards the bright and shining prosperous future or the horizon of the Divine Life.

I hope that the discussions in the symposium under your leadership will be a great success.

With regards

Yours sincerely

(B S Garg)

Dr.B.C.Harinath,
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