



केन्द्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद्
(आयुष विभाग, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार)
61-65, संस्थागत क्षेत्र, जनकपुरी, नई दिल्ली-110 058

Central Council for Research in Yoga & Naturopathy
(Deptt. of AYUSH, Ministry of Health & F.W., Govt. of India)
61-65, Institutional Area, Janakpuri, NEW DELHI-110 058

Phone : 011-2852 0430, 31, 32
Fax : 011-2852 0435
E-mail : ccryn.goi@gmail.com
btcmurthy@gmail.com
Website : www.ccryn.org

Prof. Dr. B.T. Chidananda Murthy
DIRECTOR

CCRYN/Dir/Per/2010-11/

6.10.2010



MESSAGE

Yoga & Naturopathy are not only an independent and ideal systems of Medicine (healing science) but also the way of life. They are as old as Mother Nature. Yoga & Naturopathy are scientific, time tested, effective, simple, safe and inexpensive and hence ideally suited for our country, in respect to geographical, social, cultural and economic conditions. Only Yoga & Naturopathy can make an individual 'SELF-HELP-HEALTH- SUFFICIENCY' as advocated by Mahatma Gandhi ji.

Yoga & Naturopathy have developed considerably in India, but there is lot to achieve. Upgrading the system, uniformity amongst the existing Practitioners, conducting proper, regular, full time courses of one year Certificate for Treatment Attendant, 2½ years D.N.Y.T. (Diploma in Yoga & Naturopathy Therapy) for Para Medical and 5 ½ years BNYS (Bachelor of Naturopathy & Yogic Sciences) at National level are the need of the day.

Yoga & Naturopathy aims at Preventive, Promotive and Curative aspects of Health with holistic approach viz. Physical, Mental, Moral, Emotional, Intellectual, Social, Spiritual etc. They bring down the very incidence of diseases and patients and most economical and suit to people of all walks of life. Yoga & Naturopathy promotes health and bring down the consumption of costly and harmful chemical drugs/medicines and are the Answer for many of the Chronic and Allergic Diseases. They are also effective in safe, sound and happy longevity.

I am glad to know that 'International Symposium on YOGism for Healthy & Happy Living and Aging' have been organized by AROGYADHAM, Mahatma Gandhi Institute of Medical Sciences, Sevagram, Wardha on 6th & 7th December, 2010, which includes C.M.E. on Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy.

I hope the Symposium and C.M.E. would be of International importance and I wish all success in the interest of health of one and all.

(Prof. Dr. B.T. Chidananda Murthy)
Director