

## ***From the Desk of Organizing Secretary***

It's My Immense pleasure to work in this place where Gandhiji lived and particularly in this Institute founded by Late Dr Sushila Nayar where real Gandhian principles are being followed practically in their daily- life under the guidance of our dynamic President Shri Dhuru S. Mehta. I think this simple and natural living inspired our Organizing Chairman of this event to make this event International Symposium on 'YOGism for Healthy and Happy Living and Aging', which is need of the hour for the welfare of the people all-around the world.

Traditional systems of medicine have deep roots in Indian Medical practice. Internationally blooming as Complementary and Alternative System of Medicine, Mind Body Medicine which are rapidly gaining acceptance and popularity. For Example CAM (Complimentary and Alternative Medicine) visits by US people alone estimated is about 625 million during 1994.

This Symposium provides a platform for leading medical researchers, eminent experts on Yoga, Naturopathy and modern medicine to deliberate the different aspects of life style disorders and their management through yoga and naturopathy

It is heartening to note that medical researchers in their own Super-specialty areas trying to understand the changes and effects of Yoga and other Mind – Body Medicine at molecular, genetic, endocrine, immune systems including neuro-physical and psychological levels in tune with definition of health by WHO. This approach of holistic understanding is reflected in many modern hospitals that can unravel the mysteries of challenges of modern era of psychosomatic / life style diseases.

A time has come for Researchers and our Eminent Modern Medical experts in India realizing the potency and importance of Indian systems of medicine, should come forward with open mind to see the changes at different levels at curative aspects and to work with different types of interventions including modern medical treatment and Indian systems of medicine in particular Naturopathy and yoga to bring out the dimension of wholesome approach and strengthen it and introducing at the primary health care level promoting from preventive care level.

Integration of medicine will also help and boost for better and quick results . It will also help to minimize the drug side effects and also even help at situation where modern medicine fails.

Arogyadham is grateful to CCRYN dept of AYUSH, DST, ICMR, CSIR and KHS for their financial support. We are also very grateful for the active and continuous support of our dynamic President, Secretary and Dean. Special thanks to Dr B.C. Harinath, Organizing Chairman for his valuable guidance and effort to make the Symposium possible and successful at this rural place which will also motivate our own Institute's young doctors to collaborate more and integrate medicine with Naturopathy and Yoga.

From the bottom of my Heart I deeply thank all BIC & Arogyadham staff, organizing team and each and everybody who have worked hard to make this event successful. I also thank all Guest Speakers and delegates for their kind cooperation.

Attempts at all levels is being made by organizing committee to make your stay comfortable and pleasant. I also kindly request you to pardon us for any shortcomings.

**Dr. T Karthickeyan**  
Organizing Secretary  
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