

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

It gives me immense pleasure to write a few lines on the magnificent occasion of International Symposium on 'YOGism for Healthy and Happy Living and Aging'. YOGism i.e. Yoga way of life – means the way of life based on the vision of Oneness. It is a complete science for living a simple life in harmony with nature and whole creation.

In the Symposium, an attempt will be made to present YOGism as a way of living in harmony with nature and concern to the whole humanity irrespective of one's religious belief, emphasizing its importance as primary prevention in Integrative Medicine. The Symposium & CME are designed to understand the importance of YOGism for happy and successful living.

In spite of man's understanding of structure and dynamics of the physical universe, the inner aspect of life or the inner world remains to be unravelled through the current scientific thought process. Despite technological growth and enhanced material standards of living, the real standard of living in terms of love, happiness and peace has yet to find its roots. Yoga and spirituality contain secrets of the structure and laws of the entire universe. Based on that wisdom, Yoga offers a unique new way of life to the modern man.

Yoga is that extraordinary, exemplary uniquely Indian technique, helping man to develop a deep awareness of himself - of every vibration and pulsation within- at the body, mind and intellect levels, by virtue of which he can master the forces internal and external. Yoga releases the toxins from the body and tries to be in full harmony with nature with the basic 3 aspects of the human elements: the mind, the mental and the spiritual. Yoga has done wonders to the people suffering from various diseases and had cured them completely from the time of Indus civilization. Yoga helps man to synchronise his diverse life currents, making them united, uniform, unidirectional and ultimately one with the universal.

We look forward to frank discussions, debate and guidance in our efforts. Every attempt is being made from our side to make your visit pleasant and useful.

All our best wishes to all of you for a fruitful, joyful stay and journey ahead.

With warm regards to everyone,

**Dr. Amrish Saxena**  
Organizing Secretary  
International Symposium on YOGism &  
Sr. Asst. Professor, Dept. of medicine, MGIMS, Sevagram