

**Padma Shri D.R. Kaarthikeyan**

Advisor (Law-Human Rights and Responsibilities-Corporate Affairs) & President, Life Positive Foundation, New Delhi



*Message*

Yoga's primary emphasis is upon general well-being. Although yoga has been shown to be beneficial in a variety of conditions, Yoga employs a broad holistic approach that focuses on teaching people a new lifestyle, way of thinking, and way of being in the world. In the process, however, it is also found to bring a myriad of healing effects.

By regularly resorting to yoga practices for improving, regaining or retaining general good health, a person is likely to find that some of his more specific health problems tend to disappear. One of the most important benefit of yoga is its application in relieving stress, fatigue, invigoration and vitality and its anti-aging properties and its application for relaxation therapy.

Dr. Dean Ornish has proved convincingly that by certain regular yoga practices and change in lifestyle, even heart disease can be reversed. Currently Sri Vivekananda Yoga University of Bangalore has established that even diabetes can be cured by certain yogic practices. Harvard Medical School is collaborating with the Vivekananda Yoga University in researching on healing many psycho-physical disorders through yoga and meditation

Role of Yoga for healthy and happy living and ageing gracefully and usefully has been recognized even by scientists all over the world.

I wish the International Symposium on "YOGism for Healthy and Happy Living and Aging" great success.

**D.R. Kaarthikeyan**