



सत्यमेव जयते

डॉ विश्व मोहन कटोच

एम डी, एफ एन ए एससी, एफ ए एम एस, एफ ए एससी, एफ एन ए

सचिव, भारत सरकार

(स्वास्थ्य अनुसंधान विभाग)

स्वास्थ्य एवं परिवार कल्याण मंत्रालय एवं

महानिदेशक, आई सी एम आर

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भारतीय आयुर्विज्ञान अनुसंधान परिषद

(स्वास्थ्य अनुसंधान विभाग)

स्वास्थ्य एवं परिवार कल्याण मंत्रालय

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MESSAGE

The concept of Yoga and Meditation is a rare and an invaluable gift that ancient India has offered to the modern civilization. Till recently, Yoga was considered very exotic and secret, being a forte of the hermits and saints who practiced it in aloofness to attain spiritual enlightenment, but of late things have changed dramatically with reckoning, revival and acceptance of benefits of Meditation, Yoga and naturopathy across the globe which is evident from people understanding the benefits of organic food, mushrooming Wellness and Spa centres in all major cities and tourist destinations. In fact, with the increasing complexity of modern world and the stresses and tensions in life, yoga ,meditation and naturopathy is now entering the fitness mainstream for holistic health ,a way of life style ,as an art of righteous living & an integrated system for the benefit of the body, mind and inner spirit for an all round development of a calm, stress-free mind and a fit body. Researches on aging has clearly shown that without proper exercise the body contracts and tends to lose height, strength, and flexibility- the first visible signs of premature aging. .Even though yoga has entered the fitness mainstream, its full potential as a preventive and rehabilitative component in holistic, cutting-edge gerontology is just beginning to be explored.

I am pleased to note that Arogyadham, Mahatma Gandhi Institute of Medical Sciences, Sevagram is organizing an International Symposium on Yogism for Healthy & Happy Living And Aging & a C.M.E. on Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy. I congratulate the team for this effort and vision. I hope that scientific deliberations of the symposium will culminate in better of understanding our ancient knowledge on these areas for achieving better health by those affected by 'new' life styles.

I wish all success to the organizers in this Endeavour.


(V.M. Katoch)