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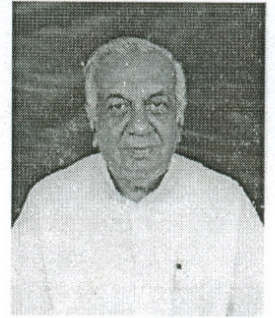
KASTURBA HEALTH SOCIETY

(Society Regn. No. 95/64 Wardha)
P.O. Sevagram - 442 102, Wardha

President : Dhirubhai Mehta
Secretary : Dr. (Mrs.) P. Narang

'MESSAGE'

I am happy that Arogyadham is organizing International Symposium on 'YOGism for Healthy & Happy Living And Aging' & C.M.E. on 'Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy' during December 6 & 7, 2010. It is truly heartening that today such large number of people all around the world - not just those who choose to walk the spiritual path but also those who are in various fields, social and family situations are looking up to Yoga for their well being.



Yoga is not only Science of Holistic Living but also the ladder to realize and manifest ones divinity, the purpose of life itself.

I am sure that the YOGism or YOGA way of simple living is the need of the day for better physical and mental health and a challenging topic for discussion on protecting environment, reducing consumption and creation of peaceful World. I hope the Symposium and CME will sensitize and motivate young doctors in modern medicine / Indian medicine on awareness and potential on Indian systems of medicine in particular Yoga & Naturopathy and the need for integration in healthcare in prevention as well as management of Lifestyle diseases.

I wish the visiting experts from India and abroad and the delegates a pleasant stay and good get together at Sevagram, the land of Gandhi and also wish the Symposium all the success. Let us simply understand that YOGism is just simple living in harmony with Nature and hence a matter of concern for whole Universe"

Dhiru S. Mehta
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