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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

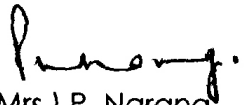
### Message

I am very happy that after the tremendous success of the "National Symposium on Science of Holistic Living and its Global Application" in 2006, Dr Harinath and his team are once again organizing a major event, an International Symposium on "YOGism for Healthy & Happy Living and Aging", along with a CME on Management of Life Style Health Problems of Global Importance through Yoga, Meditation and Naturopathy. The Arogyadham will once again be live with activity and the Mahatma Gandhi Institute of Medical Science will feel the vibrations from many a learned and experienced spiritual leaders from the country and abroad. On behalf of the Kasturba Health Society, I welcome all the delegates and the special guests on the pious soil of Sevagram; the abode of the Father of the Nation, Mahatma Gandhi, who was an ardent advocator of this ancient science of Yoga and Naturopathy.

The word Yoga is derived from the word "Yuj" which means to unite with the ultimate divine, the all pervasive, ever existing, unchanging consciousness. But before even an iota of this is achieved we have to pass through rigorous exercise of self discipline and strong determination. Something not easily achievable but represent power and strength. Further Yoga as a discipline today, is used not only to keep ourselves healthy and fit but is also used as an adjuvant to cure diseases. There is enough scientific evidence now available to substantiate its role in recovery and cure particularly with respect to life style disorders and therefore there is an ardent need to practice it as integrated medicine in the field of medicine.

I am sure the symposium will energize and motivate us all to accept yoga as an activity favouring healthy and spiritual life and also help us to imbibe it and practice it in our daily life.

Wishing all our visitors and friends very pleasant memories of their stay at Sevagram.

  
Dr. (Mrs.) P. Narang