



One more Milestone by Namo Gange Trust

4th Edition of The Yogshala Expo-2019

Namo Gange Trust successfully organised the most awaited 4th edition of India's Largest Health & Wellness Exhibition 'The Yogshala Expo-2019' from 10-12 May, 2019 at Hall No. 7, Pragati Maidan, New Delhi. It was organised along with 7th edition of "Arogya Sangoshthi" and 2nd edition of "The Grand Master of Yoga" and other events. The expo was inaugurated by Acharya Jagdish Ji Maharaj, Founder, Namo Gange Trust, Padma Bhushan Vaidya Devinder Triguna Ji, President, Rashtriya Ayurveda Vidyapeeth, Government of India, Shri Sandeep Marwah Ji, Founder, Noida Film City and Shri Ramanand Meena, Deputy Secretary, Ministry of AYUSH. Ministry of AYUSH, Government of India is one of the major exhibitors in this expo along with several renowned organizations related to health & wellness industries.

Aim of this expo is to connect AYUSH system into mainstream by bringing consumers, manufacturers and professionals together under one roof. This expo is a showcase for Yoga, Herbal Therapy, Unani, Siddha, Organic Food and Herbal Cosmetic, wellness

Ayurveda, Naturopathy, Homeopathy, Products in the national and international market. Business Houses and Exporters to research and evaluate to initiatives, joint ventures and project partnerships. The Yogshala Expo the exhibitors, sponsors, and visitors looking for innovation, experience, new customers, to retain grip over their

It's been a golden opportunity for all Health experts, Consumers, develop commercial structures by identifying new ideas and is the definitive event of the Namo Gange Trust for all ideas and new suppliers, in their quest to win new their current customers, to excel, to show edge in the market and of course to increase their sales. People from all diverse sections

grabbed this opportunity & attended this India's mega show which is one of its kind world class events being covered by various media houses.



Sh. Vijay Sharma
Chairman Namo Gange Trust

Our environment is a heritage and our legacy that we all have inherited. Let's vow on World Environment Day to protect our mother earth. Over the period of time, we have deteriorated our soil, water & air. Consequently we have so far deforested a huge green coverage all over the world with the expanding pace of industrialization & urbanization. Global warming is visible everywhere and the climate has not only drifted but it is still changing day by day. The drastic transition in the global climate is question of serious concern because it's been impacting our life in various ways. Global climate change is also affecting severely to our farming community. The pattern of agriculture has drastically been shifted in states of vulnerability. Namo Gange is raising awareness to protect nature and plea to everyone to implement positive environmental action to protect nature & environment. Under the initiative of Aviral Ganga, we are planting trees to save our environment. God has gifted us with Mother Nature, who nourishes us at every point. And the responsibility of saving her lies on all our shoulders; let us promise to fulfill the responsibility. Adopt a plant on your birthday, nurture it, Namo Gange Family will support to maintain it.

This exhibition is certainly setting up some milestone in the industry and progressively increasing enormous health awareness among the consumers, professionals, traders, companies and manufacturers to analyze the market situation by preparing the ground for selling and buying products and services. It has also provided an excellent opportunity to assess opinions from clients and determine market potential in the specific sector.

Since the 'The Yogshala Expo' launched in 2016, Namo Gange Trust is expanding its editions every year with new events & activities. First, Second & Third editions of 'The Yogshala Expo' were acknowledged as one of the pioneering exhibition of Health & Wellness. The Yogshala Expo 2019 as the full spectrum of health & wellness exhibited various products and services allied to AYUSH. More than 120+ exhibitors/brands and approx 20,000 visitors arrived at this edition. Again, the 4th edition received very encouraging support from the Exhibitors, Visitors, Industry Professionals, Ministries, Universities and Renowned Organizations of Health & Wellness Industries. We extend our heartiest thanks to Ministry of AYUSH for making this event successful.

We also extend our sincere thanks to our all valuable Exhibitors & Supporters specifically AIMIL Pharmaceutical India Ltd and Madhavbaugh for sponsoring this event. Our Media Partners were Dainik Jagran and Care World, Online Partner was Marwah Studio and our Radio Partner is Radio Noida 107.4 FM. Namo Gange Trust express thankful to all. We are also thankful to our Magazine Partners- Yogic Herald, Ayurved Sutra, Microbioz India and Arogyadham.



7th edition of Arogya Sangoshthi

At the 4th edition of Yogshala Expo-2019, Namo Gange Trust also successfully organized the 7th edition of Arogya Sangoshthi. It was inaugurated by Acharya Jagdish Ji Maharaj, Founder, Namo Gange Trust, Padma Bhushan Vaidya Devinder Triguna Ji, President, Rashtriya Ayurveda Vidyapeeth, Government of India, Shri Ramanand Meena, Deputy Secretary, Ministry of AYUSH and Dr. Manoj Nesari. A three day '7th Edition of Arogya Sangoshthi' was the major attraction of The Yogshala Expo. In this exclusive seminar, more than 1000 delegates attended the seminar. Theme of the First day was on 'Cancer Management'. On this day, many eminent professionals, researchers, scientists and other representatives of AYUSH address the seminar with their speeches and lectures. To reduce the cancer risk factors & further prevention through Ayurveda, remarkable papers & posters were also presented to address this crucial theme on day one.





Padma Bhushan V. D. Triguna
President, Rashtriya Ayurveda,
Vidhyapeeth

I extend my heartfelt congratulations to Namo Gange Trust and its entire team for organizing 4th edition of The Yogshala Expo. I convey my best wishes & success to those who have been associated with the trust in all its endeavours. I also wish that together we should put best efforts to achieve goal of health & humanity.
Congratulation and Best Wishes to Namo Gange Trust

The Yogshala Expo provides all essentials of 'Health & Wellness' under one platform. I congratulate Namo Gange Trust for putting best efforts for all the public endues. It is really contributing for social welfare and bringing a change in the society for health & wellness.
Heartiest Congratulations to Namo Gange Trust



Indresh Kumar
Social Activist

I heartily congratulate Namo Gange Trust for organizing 4th edition of "The Yogshala Expo". This expo has brought all Health & Wellness industries at one platform in a unique way to achieve health & humanity. Namo Gange Trust is really spreading the knowledge of AYUSH and its benefits among society.
My best wishes to Namo Gange Trust.



Padma Bhushan Ram V Sutar
Eminent Sculptor
President AIFACS



Sh. Ramanand Meena
Deputy Secretary
Ministry of AYUSH

My cordial congratulations to Namo Gange Trust for organizing 4th edition of The Yogshala Expo 2019. It has become one of the pioneering health & wellness exhibitions. We have been associated with trust in its various events like Arogya Film Festival, Arogya Sangoshti etc for betterment of society. **I express my best wishes & success to Namo Gange Trust and to all who have been associated with it.**



Prof. Yamini Bhusan Tripathi
Dean BHU

Very good initiative to protect & propagate the tradition of India, Ayurveda, Vedic herbs Through Science & Technology. The Devotion of Namo Gange Trust is highly appreciable.
My best wishes & success to Namo Gange Trust.

First day session was illuminated by the key speeches of Padma Shri Vaidya Balendu Prakash, Founder of Padaav-a specialty Ayurvedic Treatment Centre, Dr. Manoj Nesari, Ministry of AYUSH, Dr. Geeta Kadyaprath, Director, Max Institute of Cancer Care, Dr. Yogeshwar Pawale, Senior Consultant at Kalpataru Ayurved, Dr. Shrinivasa Pandey from Arya Vaidya Sala Kottakal, Dr. Pooja Sabharwal, Ch. Brahm Prakash Ayurved Chark Sansthan, Prof. Dr. Sathya N. Dornala, Swami Vivekanand Ayurvedic Charka Sansthan and Dr. R. Govind Reddy from Regional Ayurveda Research Institute for Mother & Child Health. Their speeches gave new insight to prevent the cancer through Yoga & Ayurveda.

Namo Gange Trust feels immense privilege for giving the Guest of Honors to Padma Bhushan Vaidya Devendra Triguna, President Rashtriya Ayurveda Vidyapeeth, Smt. Renuka Prasad, Hon. Secretary of Indian Cancer Society, Prof. Dr. Yamini Bhusan Tripathi, Chairman & Convener, Dean Faculty of Ayurveda, Dr. Abhimanyu Kumar, Vice Chancellor of Uttarakhand Ayurved University.

Theme of Second day was on '**Ayurveda for Lifestyle Disorders**'. As we all know that incidence of Lifestyle Disorders like hypertension, diabetes, obesity, heart disease, stress, anxiety etc is increasing day by day. Therefore, on Second day, a large number of eminent speakers address the seminar with their speeches by focusing on 'Ayurveda' and its benefit to prevent lifestyle disorders. Many papers & posters related to theme were also presented on the second day.

Theme of Third Day was on '**Yoga & Naturopathy for Lifestyle Disorders**'. On third day as well, a large number of eminent speakers and yoga experts address the seminar with their speeches by illustrating the role of Yoga & Naturopathy to combat the Lifestyle Disorders. Relevant papers & posters allied to theme were also presented on the second day. This forum has really made a difference by supporting continuous growth and improvisation in world health through exchange of ideas and sharing of knowledge. It also facilitated active learning opportunities for undergraduates, graduates, scholars, health seekers through live interaction and paper presentations. The conference will immensely benefit and helpful for the professionals as well as common men. After its entire core objectives are to promote Indian system of medicine in masses through sharing new thoughts, ideas, knowledge, practices and technologies. Indeed, this seminar has provided an interdisciplinary and interactive platform to address various issues related to the healthcare. It also supported complementary and alternative medicine and healing system.



2nd Edition of 'The Grand Master of Yoga'

India's biggest yoga contest 'The Grand Master of Yoga' was the major event of Expo. 2nd edition received enthusiastic participation from all the States & across the country. This year, The Little Master of Yoga was also been introduced in this edition. More than 324 contestants participated, out of which 148 participated for the 'The Little Master of Yoga'. 74 video also been received in this edition. Numerous Yoga students of 10-16 age groups were participated in the 'The Little Master of Yoga'. Grand Finale of both contests was organised from 10-12 May at the expo.

On First Day, Theory exam along with practical round & viva carried out to appear for qualifying round.

On Second Day, there was a round of Practical Demonstration & Public Speaking.

On Third Day, Viva & Discussion round was organized for the final selection. Other activities including poetry recitation, yoga demonstration while using candle, Nukkad Natak & other act performed by children.

Winner of The Grand Master of Yoga-2019

Namo Gange Congratulate to all the winners of 'The Grand Master of Yoga'. The Grand Master of Yoga 2019 is Mr. Vikas from Dev Sanskriti, Uttrakhand, 2nd winner is Mr. Devendra Singh from Dev Sanskriti, Uttrakhand and third winner is Shubham Arya from Morarji Desai Institute of Yoga, Delhi.

Winner of The Little Master of Yoga-2019

Namo Gange Congratulate to all the winners of The Little Master of Yoga. The Little Master of Yoga 2019 is Mr Annol from Patanjali, Uttrakhand & second winner is Mr. Divyanshu from Patanjali, Uttrakhand and third winner is Mr. Aman Kumar from Rajkiya Pratibha Vikas Vidhaylaya, Shalimar Bagh.



Health checkups & Ayurveda consultations

On first day, 325 health checkups & ayurveda consultations, on second day 480 and on the last day more than 195 health checkups & ayurveda consultations are provided at this expo.



Quiz competition on Ayurveda

AYOUTH Quiz Contest for young students and scholars also been organised at the expo. This activity was sponsored by AIMIL Pharmaceutical Limited. More than 150 delegates participated and all the winners received the consolation prizes.



Bachchon Ki Rangshala

It is an Inter-School Painting Competition aiming to educate the Young Minds of the Nation towards Health and Wellness.

On First Day, 80 schools and 800 children and on second day, more than 70 schools and 700 children participated in this event.

1st winner Anaya Chaudhry Dr kn modiglobal school

2nd winner Sanya Tyagi Dpsg meerut Road

3rd winner Eshita Dimond public school Ioni Ghz.



Live Painting Workshop

It has brought together the some of the great names from art & culture. On the first day, more than 100 & on second day, more than 80 eminent artists participated in this event. Canera Bank & Dalmia Group sponsored both Bachchon Ki Rangshala & Live Painting Worskhop.

1st winner of this event is Ms. Swati Sharma, she is visual artist from Delhi College of Art, 2nd winner is Ms. Ekta Solanki, she is a student of School of Open Learning and 3rd winner is Mr. Ajay Singh from Deoria.

Essay Writing competition on Women Empowerment

It was organised for school girl students under the initiative of Meri Beti Mera Abhimaan of trust. On first day, 1200 students from 90 schools and more than 1300 students from 95 schools on second day participated in this competition. Additionally, more than 450 school teachers of Drawing, Hindi & English also attended the event.



1st winner Sheuli Banerjee, Venkateshwar International school Dwarika Delhi
2nd winner Gesu Goley JKG International Ghaziabad
3rd winner Dikchant Kumar Vidya Bharti School Ghaziabad



World Environment Day



On the occasion of 'World Environment Day 5th June, 2019', Namo Gange Trust under the initiatives of Aviral Ganga & Swachh Bharat Sankalp has initiated 'Tree-Plantation Campaign under the theme "SAVE THE ENVIRONMENT"'.

On this day, trees were planted at the 'Chhath Ghat' at the bank of Hindon River, Mohar Nagar, Ghaziabad. Trust has also taken the pledge for one Lakh plantation along with cleanliness resolution to bring the Hindu river into an ancient form. In this cleanliness & plantation campaign, district representatives, officials, social workers & environmental friendly people participated. This campaign is supported by 'Green Mission institution'. Local residents of Mohan Nagar also came forward & gave their support for this campaign.

National President of Namo Gange Trust, Acharya Mukesh Ji said that the all people residing in Mohan Nagar are also supporting to protect the environment and helping us in reducing the pollution in Ghaziabad. Local resident Sandeep Tyagi said that we all need to be serious to protect Hindon River and keep it free from all pollution.

Mrs Bharti Singh Dharma wife, General VK Singh, Regional MLA Mr. Sunil Kumar Sharma, Municipal Commissioner Shri Chand Prakashji, Environmentalist Harit Rishi Sh. Vijay Pal Bagheli Mr. Vijay Sharma, Chairman, Acharya Mukesh ji, National President, Sh. Anshul Aggarwal, Director, Sh. Rajiv Chakraborty Sr. Art Director of Namo Gange Trust along with their team including Mr. Pankaji, Ms. Shipra, Ms. Asha, Yogi Paramatma Das Ji, Mr. Harish, Ms. Shikha, Jagdish, Vikas, Bharti, Nancy, Devesh, Priyank, Rohit & others volunteers actively participated in this campaign.

Through this medium, trust is also registering its presence in 800 villages & with the support of people of these villages, we will also be improving the sanitation condition of Hindon river with new direction to make it pollution free.

Our motive is to educate and aware the people for plantation and about the protection of the environment and to sustain ecological balance and protect from pollution. Additionally, it will help to improve the urban greenery through the plantation and will contribute towards an increase in plant for 'go green' for promoting bio-diversity.

We are also intending to make this river as Holy Pilgrimage in upcoming years. People can worship at this river as well. In addition, we are also organising 'Essay Writing Competition' & 'Painting Competition' for school children to spread the awareness to protect & save our environment.

Adopt a plant on your birthday, nurture it, Namo Gange Family will support to maintain it. Joint Namo Gange Membership.



Forthcoming events

5th International Yoga Day 21ST June, 2019



at



Indirapuram, Ghaziabad



On 21st June, Namo Gange Trust is organizing a Yoga session along with yoga consultation for the Armed Police Force at Central Industrial Security Force (CISF), Indirapuram, Ghaziabad, Uttar Pradesh, at 06:30 am. More than 1000 armed force would be attending this session. We feel proud and honored to celebrate 'International Day of Yoga' with our armed force. It is premier multi-skilled security agency of the country which provides security to major critical infrastructure installations of the country in diverse areas.

Be a member of Namo Gange Family

Membership Privileges, Benefits & Services

1. Free health OPDs in Health Centre run by Namo Gange 12 times in a year worth Rs. 3600.
2. Free basic Yoga course at Health Centre run by Namo Gange (7 days course) in a year.
3. The members will be entitled to get subsidies treatment at the nearest The Yogshala health center.
4. Participation rates for Namo Gange Trust seminars, conferences & other events will be 25% reduced for a yearly membership, 30% reduced for a multi-year membership and 50% reduced for a lifetime membership.
5. Dissemination of updated information, Namo Gange's events, programs, and services through e-newsletters.
6. Providing free registration through online job portal www.theyogshalajobs.com for national & international placement.
8. Acknowledgment of work at national and global level through broadcasting, award, and reward.
9. Members can organize health workshops and cultural events in their area (subject to approval).
10. Free access to all the exhibitions of Namo Gange Trust.
11. Opportunity to actively participate in the activities of Shrimad Bhagwat Katha as a listener.
12. All member's name will be added in Namo Gange Trust Membership Directory.
13. Conducting an internship for the people who are willing to work for social welfare.
14. All members will be provided an opportunity to associate with social awareness programs, training programs, health awareness programs, various workshops & charity oriented program.
15. Opportunity to participate in Health camps PAN India.



8th Edition of Arogya Sangoshthi



SEMINAR ON
CANCER
PREVENTION &
MANAGEMENT
WITH AYUSH



Trust is organising 8th edition of Arogya Sangoshthi on 'International Day of Yoga' 30th June, 2019 at its NGT from 10 am to 5 pm. Theme of this edition is Cancer Prevention & Management with AYUSH. Very renowned speakers of AYUSH will speak on this crucial theme on this significant day.



Integrating Ancient System in Modern Perspective. It is a peer-reviewed journal, will be published quarterly by Namo Gange Trust. First edition of this will be introduced on coming month.



Aim of this centre is to prevent & cure chronic disease through AYUSH system. Trust is setting up a panel of Doctors, Researchers, Oncologists, Scientists and other experts from the allied field to establish a research centre.





Congratulations to Shri Shripad Yesso Naik Hon'ble Minister(IC) of Ministry of AYUSH on the beginning of his second tenure as the AYUSH minister



Official Release of WHO Global Report on Traditional and Complementary Medicine



A delegation from Ministry of AYUSH under the leadership of Shri Pramod Kumar Pathak, Additional Secretary visited Geneva during 20th May to 21st May 2019 to participate in launching a program of the "WHO Global Report on Traditional and Complementary Medicine - 2019" during the 72nd World Health Assembly and to attend "informal side- event on Traditional, Complementary and Integrative Medicine Contributions to Universal Health Coverage on 21st May 2019 at the World Health Organization (WHO) headquarters premises organised by Traditional Complementary and Integrative medicine unit of WHO.

National Seminar on Art and Science of Common Yoga Protocol for Wellness

Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India, organized a National Seminar on Art and Science of Common Yoga Protocol for Wellness on 2nd May, 2019 at Talkatora Indoor Stadium to mark the 50th Day Countdown for International Day of Yoga - 2019. Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Government of India inaugurated the Seminar. Ministry of AYUSH is working hand-in-hand with MDNIY, DRDO, Armed forces, CCRYN and active research is going on for how to optimize decision making in adverse situations', said the Secretary. The inaugural function was graced by Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH; BK Sister Asha, Director, Om Shanti Retreat Centre, Gurugram, Prajapita Brahma Kumaris, Ishwariya Vishwavidyalaya; Dr. N. Saravana Kumar, Joint Secretary (ICC), Ministry of HRD, Govt. of India; Sh. Roshan Jaggi Joint Secretary, Ministry of AYUSH; Sh. P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH and Dr. I. V. Basavaraddi, Director, MDNIY.. The seminar was attended by approximately 3,500 Yoga teachers, heads of leading institutions and other dignitaries.



Common Yoga Protocol and Mass Yoga Demonstration at MDNIY



We all know that the thrust of the IDY observation on 21st June is on harmonious mass yoga demonstrations in which millions of people participate around the globe, at thousands of venues. When participation of people is on such a massive scale, there has to be some serious planning behind it, if the demonstration is to be in harmony. Some of the most accomplished yoga gurus of India came together to address this issue. They developed the Common Yoga Protocol (CYP) for this purpose, which is essentially a specified sequence of Yoga Asanas of 45 minutes duration.

The Asanas and practices forming part of the CYP are selected in such a way as to yield the maximum health & wellbeing rewards to a diverse group of people from different profiles of health, age etc. Experts are of the view that beginners can learn CYP in about 15 sessions of one-hour duration each.

The CYP, therefore, will be the centre-piece of all activity related to IDY - 2019. The Ministry of AYUSH distributes free video and e-book on CYP.

WHO organise "No Tobacco Day" Worldwide



On 31 May, World Health Organization (WHO) organizes every year. The focus of World No Tobacco Day 2019 is on "Tobacco and Lung Health." The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. Such campaign has increased the awareness on the negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease, and the fundamental role lungs play for the health and well-being of all people. The campaign also serves as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control. WHO developed the Framework Convention on Tobacco Control FCTC, such as raising tobacco taxes, implementing smoke-free policies, supporting people to quit, raising awareness through mass media and enforcing bans on all forms of promotion.

Health Tips



In ayurveda we consider summer season as a part of "Aagneya kala", the season in which the sun rays are that much powerful that due to their nature all the hydration from nature as well as from our body seems to be evaporating, and if we talk about doshas than in summer season "KAPHA" i.e the lubricating factor of our body diminishes and "VATA" the reason of our movement pain and roughness in our body increases. That's why our Acharys had already described a list of do's and don'ts for summer season which are as follows.

Do's-

Diet- Eat light food products. eat items which are rich in sweet taste, along with unctous nature, and food products which are cold in nature. (Reason- sweet and unctous food- decrases vata,

increases kapha.)

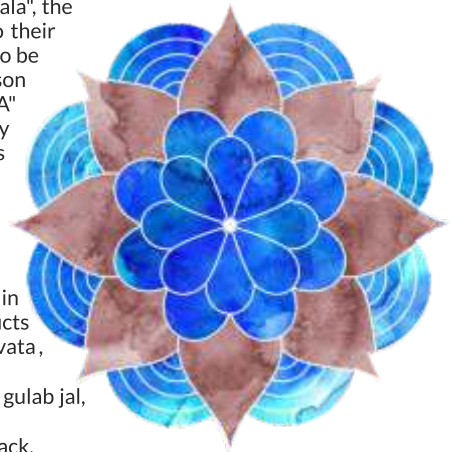
General routine- Drink plenty of water to keep urself hydrated. Use different natural flavoured drinkables like gulab jal, khas

khas, to drink as they are cool in nature they will defiinitely help to beat the heat. Use chandan powder, Multani pack, mixed with Curd, Turmeric and a little bit of beasn. (These all are cool in nature and along with that turmeric will prevent your skin from infections that can occur due to sweating.) Avoid dark colored clothes as dark colour absorbs all the 7 rays from sun and make you feel restless.

Try to wear light colored clothes that too of some airy fabric which can absorb ur sweat, as light colour reflect the sun rays back and make you feel more comfortable in summer. Always wear footwear, and hats to protect any bare area of your body to be in direct contact with sun as it helps in prevention of water loss from your body.

Take a Shower Twice a Day: After a long day of work, and that endless journey in a metro or a bus, the only thing that can make you feel fresh is a shower. Staying clean will not only keep you fresh but it will also keep you away from diseases. Also, make sure you wash your face with a face wash after you come back home for your skin to remain fresh.

Wear Sunscreen: Save yourself from that ugly tan, make sure you wear sunscreen whenever you are heading out. Also, ensure that you do apply sunscreen on all the exposed areas of your body and not just your face. You don't want your body to have zebra print.



DON'TS-

Diet- Avoid food products that contain high amount of salt, or which are extremely spicy or sour in nature. (All the products increase indigestion).

General Routine- as in summer season body stamina always decline so try to avoid excessive exercise. (As it lead to further increase in vata).

Although alcohol is never too good for health but in summer it is extremely harmful because of its nature it definitely will lead to heat burn like problems in summer.

Try to stay at a shady place at time of afternoon to avoid water loss from your body.



Dr. BHAWNA AGGARWAL
Ayurvedic Doctor



Acharya Mukesh Ji
National President,
Namogange Trust

Indian system of medicine is ready to address the entire world community, let us make this world happy and healthy through Yoga & Ayurveda.

We all are witnessing the 21st century bringing us together to live and use modern science & technologies and various living systems from different parts of the world. We are happily accepting and adopting world's best technologies like satellite television, mobile phones, computer, internet and various lifestyle cultures like brand products, outfits, dance, music, films & food. There is no doubt that development of science and technology have been assisting a life of a man at each and every level and adding lots of comforts, luxuries and craze for sensual pleasure. But, unfortunately development of science and technology transforming natural human environment into an artificial environment and therefore it has failed to provide physical exertion, emotional balance and self-discipline. As a result, man is still in constant search of health, peace and happiness since his existence. Therefore, "Yoga could be a better solution to entire world to deal with life of a man at each and every level".

While considering all drawbacks, we are ultimately responsible for our own 'health and care' due to our beliefs, values, attitudes and habits. Sometimes some techniques, medications may not work for us, therefore, we should go through nature and follow ideal lifestyle, food body-mind coordination. As far as Yoga concern it comes, it has very strong holistic approach to cure and prevent various disorders by restoring natural human environment and self-understanding. Yoga is a science of life and an ideal way of living which helps to achieve total health, peace, bliss and wisdom. Physical, mental and spiritual aspects of yoga help to make one's life purposeful, useful and noble. Yoga is like an art, science and philosophy, which touches the life of man at each and every level. Once we start yoga, the effect of yoga must be felt in each movement of our day-to-day lives. "21st June International Day of Yoga has symbolic message 21st century is a period of Yoga, Complementary and Alternative Medicine". We must come forward to accept and adopt this system in our life and families.

Guest Column

Many countries are promoting Ayurveda for prevention of diseases so that people can be protected from deadly diseases like



Dr. Reena Arora

C a n c e r , Diabetes, PCOD and many more. Lifestyle diseases can be prevented only by Ayurveda and Yoga. Beauty industry is also using Ayurveda in a beautiful way. India has a rich heritage of Yoga and Ayurveda which can help anyone to keep healthy. These therapies can delay ageing as well. Namogange is doing a wonderful job by spreading Yoga and Ayurveda in the whole world and is providing real health to the world. I wish them all the best for promoting Ayurveda at grass root level.