

From the Desk of Organizing Chairman

YOGism - the Need of the Day

YOGism - Simple living in harmony with Nature and concern for whole Universe is the need of the day for sound health of individuals and Nations. It is the only solution for the ills of the World, i.e. self - aggrandisement, exploitation, violence and terrorism. Communism with its secrecy and fear has failed, capitalism with consumerism and greediness is bound to fail and socialism never worked in achieving universal justice and peace. Even our democracy has failed in the name of freedom of individual without accountability and responsibility, making the rich becoming richer and poor becoming poorer, without providing a decent living to common man in six decades. Consumerism as growth promoter is not the solution. Simple living with reduction in wastage of earth's resources may be the ideal solution in the long run for promoting universal brotherhood and peace. Now it is realized that Austerity is the road for Prosperity.

Gandhiji's mantra 'Simple living and high thinking' is very relevant today, promoting spiritual health of individuals for a peaceful world with concern to all living beings. High thinking implies possessing a mind free from all egoistic complexes. Possessing such a highly elevated mind while living a life of utter simplicity has been the way of life of Ramana Maharshi, Saibaba, Swami Sivananda, Sri Ramakrishna Paramahansa, Swami Vivekananda, Swami Chinmayananda, Sri. Aurobindo, Swami Rama, Gandhiji, Shri. Vinoba Bhave and number of saints and sages who brought spiritual transformation in people by elevating moral values and motivating them to serve the needy. Identifying poverty is at the root of all ills in the Society - illness, ignorance, illiteracy, crime etc. Ed Begley, Jr in British Medical Journal says that '**We must live simply, so that others may simply live**'.

Importance of Naturopathy, Yogasanas, Pranayama and Meditation in servicing the body (sophisticated biological machine), harnessing the breath (revitalizing our system with Prana), purifying the mind with meditation is being recognized worldwide for promotion of physical and spiritual health and rapid scientific advances are being made in integrative medicine with inclusion of yoga practices and meditation for better healthcare and disease management.

Maintaining a natural life style by intake of natural and organic foods, right amount at the right time and always with positive thoughts and appreciation of beauty of Nature, help promote positive health by strengthening innate immunity and resistance to disease.

Simplicity, Service to the community and Spirituality are the three pillars of YOGism. Yoga way of simple living (YOGism) harmonizes the body, mind and spirit and connects to the **Oneness** of the Universe. In the Symposium an attempt will be made to present YOGism as an art of living in harmony with Nature and concern to the whole humanity irrespective of one's race, religion or philosophy of life. YOGism is not a cult. Deep meditation makes you, your own master, follower of nobody but your own conscience, expressing divinity of human nature. The time is ripe to make YOGism a movement with its Sanatana (eternal) values and universal characteristics.