

CONFERENCE REPORT

On the eve of International Yoga Day, the *National Conference on Yoga and Health* has been successfully conducted at the college on 21st June, 2018.

The Inaugural Session started off in the morning with Dr. Ravi Shastri who is the member of the Organizing Committee welcome the guests and delegates of the conference. Dr. Vinod Tibrewala Chancellor, JJTU University, Rajasthan was the Chief Guest and Keynote Speaker. Dr. Devdutt Sarode, and Guest Speaker Dr. M.G. Shirahatti, Mr. Satya Narayan and Dr. Sriram Atri presided over the function and felicitated all the guests. The program began with lamp lighting and prayer.

Dr. Devdutt Sarode who delivered the Keynote address praised the organizers that the theme of this National Conference is '*Yoga and Health*'. He said, "It is a beautiful topic that you have selected. I am happy to release these abstracts containing various presentations that will be made in this Seminar, on various dimensions of yoga in practice, theory and its association with Health".

According to him today the biggest challenge we have is stress. Stress can be overcome through the programme called SMET which is Self-management of excessive tension. Because we are the people who are responsible for developing stress ourselves, we have to know how to deal with stress and how to stay away from stress. He said that when we reduce stress what is going to happen is, flowering up of the personality. It will develop wonderful health, brilliance, excellence and lead to stress-free maturity. Then we learn the art and science of working without getting stressed up. That is the main dimension that we have to do, he emphasized. He further dwelt on various dimensions related to stress and how yoga can be made useful to deal with stress as a permanent remedy.

Dr. Vinod Tibrewala addressed a motivation speech and enlightens benefit of Yoga on health. He also added that Yoga, an ancient system originated in India, is in fact a way of living! It is a comprehensive methodology evolved by the ancient seers, which embodies physical, psychological, moral and spiritual dimensions of human life. Yoga is an advanced science with the strength of rigorous theoretical framework supported by scientifically proved practical techniques. Its miraculous benefits for health, concentration, will power, stress management, personality development, human values, interpersonal relations and spiritual evolution are being highly appreciated now by all sections of the

society all over the world. Thus Yoga, no doubt has become popular today as a fitness program and as a system of alternate therapy. However, there is more to yoga. It is a way of life for attaining health, happiness and improved functioning at all levels of the being.

After Lunch break the session started with open session roundup panel discussion with questions and answer, Around 90 student, staff member and other delegates participated in discussion Dr. Sriram Atri had given his quest speech. The session was fruitful and benefited to our student, staff members and delegates.

The conference concluded with summarizing that the National Health Policy is based on the goal of attainment of highest level of health, and not merely the absence of disease or disability. The primary aim of the National Health Policy, 2015, is prevention of diseases and promotion of good health and to improve population health status through offering preventive, promotive, curative, palliative and rehabilitative services. Yoga is the best and comprehensive method for achieving these objectives. Moreover, WHO defines health as “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity”.

Convener

Dr. Sandeep R. Poddar