

STATE LEVEL CONFERENCE

Related to

National Campaign on Yoga &
Naturopathy for Holistic Health

is being organized on 25th -26th Nov., 2010 at Dental
College Auditorium, P.G.I.M.S., Rohtak.

This Conference will be inaugurated
by

Sh. Bhupinder Singh Hooda
Hon'ble Chief Minister, Haryana

on 25th Nov., 2010

You are kindly requested
to grace the occasion

Dr. H.S. Hooda, Director
Mahatma Gandhi Yoga-
Naturopathy Hospital,
Jind. (Haryana)
9416379255

Prof. Dr. B.T.C. Murthy, Director,
C.C.R.Y.N., Deptt. of AYUSH,
Ministry of Health & F.W.,
Govt. of India.
011-28520430/31/32

PROGRAMME

Date 25th Nov., 2010

**Mass Yoga Camps
for General Public**
6:00 AM to 7:30 AM
5:30 PM to 6:30 PM

Registration
8:00 AM to 9:00 AM
Workshop/Seminar
9:00 AM to 1:00 PM

**Inauguration of Conference By
Hon'ble Chief Minister 3:00 PM**

Welcome Address By
Dr. H.S. Hooda, Director, MGYNH, Jind.

Introductory Remarks
Prof. Dr. B.T.C. Murthy, Director, C.C.R.Y.N.

**Address by Guest of Honour
Sh. B.B. Batra, M.L.A., Rohtak.**

Presidential Address by
Sh. Shadi Lal Batra
Hon'ble M.P. Rajyasabha

Key Address
by the Chief Guest
Sh. Bhupinder Singh Hooda
Hon'ble Chief Minister, Haryana

Vote of Thanks by
Sh. S.S. Kundu
Project Director, M.G.P.C.S., Jind

PROGRAMME

Date 26th Nov., 2010

**Mass Yoga Camps
for General Public**
6:00 AM to 7:30 AM

Workshop/Seminar
9:00 AM to 1:00 PM
2:00 PM to 4:30 PM

Welcome Address By

Dr. H.S. Hooda, Director , MGYNH, Jind.

Yoga Demonstration

Address by Guest of Honour

Dr. S.S. Sangwan, V.C., Pt. B.D. Sharma
University of Health Sciences, Rohtak.

Presidential Address by

Sh. M.M. Joshi IFS
Director General, Deptt. of AYUSH, Haryana.

Address by the chief Guest

Smt. Geeta Bhukal
Health, Education & Social Welfare Minister, Haryana.

Concluding Remarks & Thanks

Prof. Dr. B.T.C. Murthy, Director, C.C.R.Y.N.

National Campaign on Yoga & Naturopathy for Holistic Health

Sound Health is a balanced development of an individual's personality and emotional attitudes, which enable him to live in harmoniously with his milieu. It is only a fine tuning of biological equilibrium in our body and that can be achieved by doing Yogic effective practices and exercises, regulating dietary pattern and having a positive attitude towards ourselves and the surrounding.

Yoga and Naturopathy have effective treatment for various diseases, yet due to lack of proper and adequate knowledge of these therapies, there are millions of people whose suffering is prolonged or goes undetected or is often not adequately treated. All this need an efficient mechanism. The National Campaign is aimed to make the people aware to deal with diverse disorders and diseases that ramify the society. As advocated by Mahatma Gandhiji "Naturopathy and Yoga Shall promote Self-Health-Sufficiency to one and all."

Defination of Yoga:

The word Yoga comes from the root word yuj meaning to union. Accordingly, Yoga can be defined as a means for uniting the individual consciousness with the universal consciousness. Patanjali defines in his second aphorism 'yogah citta vrtti nirodhah'; Yoga is a process of gaining control over the mind by cessation of the modifications of mind. By controlling the mind, one can reach the original state - 'Tada drashtuh swarupe avasthanam'

Type of Yoga: 1. Karma Yoga 2. Bhakti Yoga 3. Jap Yoga
4. Gyan Yoga 5. Ashtang Yoga (Raj Yoga)



Mahatma Gandhi
Yoga-Naturopathy Hospital,
Jind.



Central Council For
Research in Yoga &
Naturopathy, New Delhi.



Deptt. of AYUSH,
Ministry of Health
& F.W., Govt. of India.