

Shekhar Dutt, SM, IAS(Retd)
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Message

I am extremely happy to know that a National Conference is being organized on holistic Yoga; H³ (Health, Happiness and Harmony) at Daulat Ram College on 10th and 11th November 2017.

The Conference themes cover a wide range of effects that Yoga has on a variety of physical and mental human states. Our body and mind is a complex of wonderful and intricate systems which are interwoven with each other. To ensure that this complex system is maintained, as well functions in its optimal efficiency, the science and art of Yoga has been recognized to be the ultimate panacea. Modern Science despite its tremendous knowledge of technology is woefully found to be wanting in the aspects of linking the mind with physical well being. Yoga explains the close influence the human mind has on the body.

Our ancestors have explored all the aspects of the human mind with great insight, just as they dealt with subjects like astronomy or material sciences. Yoga, they have found, is the vehicle that helps the body-mind interwoven functioning of the complex creation of nature, which is the human being.

The literal meaning Yoga is Union and its relationship with the human body implies the bringing together of all the healing systems that are known to the human society. Yoga is open to all systems and, therefore, can work with great effectiveness with all known medical practices.

The dedicated team of Daulat Ram College led by Principal Prof. Savita Roy and ably supported by Prof Sonia Mehta have organized and convened this conference with wisely chosen topics that have immense current relevance and application for all sections of the global population today. This belief is gaining currency amongst the knowledgeable and thinking people the world over. Experiences of people from diverse cultures and nations are shared and quoted to demonstrate the various and subtle ways in which Yoga can help in relieving stress and even reverse the negative effects of modern day life style.

I wish both the organizers and participants all success in realizing the aims and objectives of this important conference.

06 November 2017



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Former

- Deputy National Security Adviser Govt. of India
- Defence Secretary Govt. of India
- Secretary Defence Production Govt. of India
- Secretary Ministry of Health Govt. of India
- Director General Sports Authority of India