

REPORT - OVERVIEW OF HEALTH IN INDIA

Date: 30th April, 2015
Day: Thursday
Time: 10.00 a.m. to 11.00 a.m.
Venue: Convention Hall
Speaker: Baba Ramdev (Yog Guru)

INTRODUCTION

Baba Ramdev is a spiritual leader, reputed for his contributions to yoga and ayurveda. He has earned much popularity for bringing awareness of yoga to Indians by organizing mass yoga camps. He founded the Patanjali group of business for the promotion of yoga and ayurveda.

Dr. Vidya Yeravdekar introduced Baba Ramdev and his many achievements to the audience. He is a man of distinction, who refused to accept the highest civilian award, Padmabhushan, and the cabinet ministry position that was offered to him. He is committed to the cause of health awareness and the practice of traditional medicine, especially preventive medicine.

Baba Ramdev talked about yoga and emphasized the following:

- Primary Prevention
- Secondary Prevention
- Control Care
- Cure
- Rehabilitation
- Acute Management

He was of the opinion that diseases such as colitis, psoriasis, and lung fibrosis can be cured by yoga. He mentioned that preventive medicine focuses on the health of individuals, guided by the goal of protecting and promoting health and well being, not just preventing diseases.

Baba Ramdev recommended twenty minutes of exercise every day to the audience. He performed a number of yoga *asana* and explained the advantages of each. He pointed out that yoga promotes vitality and peace of mind. He opined that management of acute diseases by the

allopathy system of medicine and of general well being by Ayurveda and other traditional modes of medicine is a good way to go.