

For Immediate Release: June 25, 2025

PRESS-RELEASE

Seminar on “Present Healthcare Challenges & Healthy Lifestyle” Held at IIT (ISM) Dhanbad

A seminar on “*Present Healthcare Challenges & Healthy Lifestyle*” was organized at the Indian Institute of Technology (Indian School of Mines), Dhanbad, in collaboration with Arogya Bharti, Dhanbad. The seminar aimed at raising awareness about the growing health issues linked to modern lifestyles and emphasized the need for preventive healthcare practices rooted in traditional Indian wisdom.

The session was chaired by Professor Dr. Pankaj Mishra, Senior Faculty, IIT (ISM) Dhanbad. The keynote address was delivered by Prof. (Dr.) G.S. Tomar, a renowned Ayurvedic physician of international repute and Member of the National Executive Council of Arogya Bharti.

Prof. Tomar provided a comprehensive overview of the mission of Arogya Bharti, a nationwide organization committed to the promotion and protection of holistic health. He explained that the organization, which began in 2002 from Kochi, has established a strong presence across the country and is working under the visionary leadership of its National Organizing Secretary, Dr. Ashok Kumar Varshney.

He highlighted that the global focus in healthcare is shifting from communicable to non-communicable diseases (NCDs), many of which are lifestyle-induced. "More than 75% of lifestyle-related diseases such as diabetes, hypertension, arthritis, asthma, cancer, IBS, and PCOS can be prevented by adopting a healthy lifestyle," he said.

Drawing from Ayurvedic principles, Dr. Tomar emphasized the significance of balanced diet (Aahar), proper sleep (Nidra), and discipline in personal conduct (Brahmacharya). He cautioned against the increasing reliance on processed and fast foods, which is leading to the disappearance of traditional Indian grains such as jowar, bajra, sama, kodon, kutki, chena, and ramdana from everyday diets.

He further underlined the harmful effects of irregular eating habits and chronic stress on the digestive system, recommending early, light dinners and regular yoga or exercise in the early morning hours. “Waking up in Brahma Muhurta and leading a disciplined, positive lifestyle can ensure long-lasting health,” he advised.

The session witnessed the participation of selected faculty members and staff of IIT (ISM) along with several senior representatives of Arogya Bharti, Jharkhand. Notable attendees included State Joint Secretary Jayaprakash Narayan Singh, Dr. Vikas Raman, State Environment In-Charge Arun Rai, District Women’s Head Mamta Singh, District Secretary P.N. Singh, President D.S. Chaubey, Yatindra Nath Thakur, Ajay Sinha, Vikas Ojha, Avinash Kumar, Sushma Prasad, Madhu Sinha, and Rama Sinha.

The programme concluded with a message of integrating scientific thinking with traditional health wisdom for building a healthier, self-reliant India.

Rajni Singh

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