

4<sup>th</sup> International Conference on **MEDICINE, NURSING AND HEALTHCARE**

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**Life Style Management in Ayurveda and Yoga****Vilas Ladhe***Ayurvedic Doctor in Dombivali, Thane*

As a team head, I have been spearheading the cause of health and life style management through the Ayurveda and Yoga-Pranayam. along with the help of modern medicines So far, I have given more than 100+ Powerpoint presentations in promoting the basic approach to the health and the importance of life and stress management. The presentations, with the help of, inter alia, Powerpoint, chiefly gives insight into the basic approaches to our day-to-day activities, stresses, lifestyle, visà-vis what Ayurveda and Yoga have to offer to ensure that the health is not taken for granted. We seldom appreciate that the most marvellous piece of engineering is our own body. We, through our interactions with the various age groups of both the sexes, make them recognize the need to align our daily rituals and approaches to ensure that the need to maintain the supreme engineering is respected. We, as a mission, have been undertaking vigorous efforts to enlighten the people on: Lifestyle management in Ayurveda and YOGA .Stress management for students, working classes and senior citizens. Stay fit without medicines. Bypass the bypass surgery. How to increase concentration which eventually results into better performance with more efficiency at work. How to stay healthy for the lifetime All with the help and practice of Ayurveda and Yoga and modern medical science. On a lighter note, and to make the subject palpable and appealing, we have also developed a presentation captioned Medical Humor (comedy in medical practice or say comedy of medical events) which mostly contains interesting happenings in and around the consulting room of the medical practitioner. In day to day medical practice It, inadvertently, subtly but equally clearly delivers the dos and don'ts even to the common man.

**Keywords:** yoga, ayurveda, stress management, bypass surgery

**Biography**

Dr. Vilas Ladhe is a popular Ayurvedic Doctor in Dombivali, Thane. He has been a successful Ayurvedic Doctor for the last 34 years. He has done BAMS, CCH, CGO, AMRSH (Association Member of Royal Society Health). You can meet Dr. Vilas Ladhe personally at Rachana Clinic in Dombivali, Thane.

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