



Seminar on healthy lifestyle

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The Doha chapter of the Institute of Chartered Accountants of India (ICAI) recently hosted a seminar titled: "Lead a healthy lifestyle".

India-based Institute for Nature Cure and Yogic Sciences' Dr Umesh Dongare was the keynote speaker at the event attended by more than 100 participants.

He emphasised the significance of leading a healthy life and shared his knowledge of how it can be achieved by regularly performing simple exercises, eating a balanced diet and taking simple precautions. "Most lifestyle related diseases start very small and gradually progress to assume large proportions. It is only when the impact of the disease becomes profound that people tend to react and take corrective measures. By taking early preventive measures and by following some simple lifestyle rules, it is possible for people to ward off the harmful effects of lifestyle diseases and lead a healthy life," Dr Dongare said.

He also demonstrated some simple yoga and acupressure exercises, which if performed daily, will provide lasting benefits and preserve the youthful looks.

ICAI Doha chapter chairman Girish Jain thanked the keynote speaker.

"This event is probably the first of its kind ever organised by the chapter where members and their families spent time listening to an expert in the field of nature care, stress and obesity management," he said.

Vice chairman Venkat Ramamurthy, who assisted in translating the Hindi discourse into English, also proposed the vote of thanks.

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