



**Yoga Sub-committee & HHS Committee proudly presents
Holistic Health Care
A talk & demo by
Dr. Ragavendra Kulkarni**

**When: March 6th, Saturday, 2010
Program starting time: 10.00 AM to 12.30 PM
Venue: BT Hall**

**Admission is free to all
Bring your yoga mat to participate or be an observer**

About the speaker: Dr. Raghavendra Kulkarni is a surgeon from India. He has been interested in Yoga since young age and had exposure to various schools of Yoga like Brahma Kumari, Ishwariya Vishwa Vidhyalay, Sahaja Stithi Yoga, Pantanjali Yoga Peeth of Swami Ramdev Baba, Art of Living and SVYASA Yoga University. His greater involvement of Yoga started 18 years ago when he had a challenging situation whether to undergo Bypass Surgery or not. When the symptoms of angina, which he had since 1985 recurred 6 months after undergoing angioplasty, he asked for 6 months time and went to Prashanti Kuteeram, which is a Yoga therapy center under Swami Vivekananda Yoga Anusandhana samastha (SVYASA) near Bangalore. After taking 15 days of Yoga Treatment, he continued Yogasanas, Pranayama and Dhyana, with some irregularities in between. With determination and faith he has found Yoga to be a definite means to keep coronary artery disease under control. Being a vegetarian, a non-smoker and a non drinker, adapting to Yoga was not difficult.

He has visited US 3 times earlier and in 2001 he conducted free Yoga classes in Pittsburgh and San José. He is interested in spreading the message of holistic health care and it is his life's mission through 'Arogya Bharati' and 'All India health Organization'. Knowledgeable in Principles of Yoga, Naturopathy, Ayurveda and Homeopathy he looks forward to meeting people and sharing his experiences.

Contact persons: Alli Natesh 215-661-0393 allib.natesh@yahoo.com, Praveen Sharma 215-361-0145 pravsharma@hotmail.com, shivangi rawal 254-548-2135, Renuka Adiraju 215-542-8596 radiraju@aol.com, Ashwini Aragam vikasayoga@yahoo.com, Sharmila Jog sharmila_jog2000@yahoo.com, Janet Barnhardt janetbsn@gmail.com, Ragini Boopathy tagdvone@yahoo.com, HHS Akkaraju Sarma (Chair) (215-914-0236). By email at akkaraju1@verizon.net or call BCC at 215-997-1181

