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strain, etc. depletes the Ojas in the system leading to all sorts of complications in the mind and

the body resulting in obsessive compulsive disorders.

Body disorders are divided into four areas - structural, chemical, emotional and energy imbalances. Ojas is connected and deals with the last two aspects mentioned above.

The thrust of the Ojas system is on chanting, meditation, stress reduction, diet modification and exercise to deal with health challenges of day to day living.

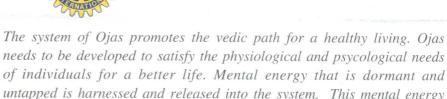


Luncheon meeting at 1.00 pm on Tuesday January 21, 2003 at the Ball Room, Taj Connemara

CHIEF GUEST : Mr. David Davidar

TOPIC :
"Publishing in India"





has the potential to enhance the quality of health and life itself.

"That what establishes itself within the body is known as Ojas," quoted Sri. Tatwamasi Dixit, Founder of Ojas Foundation.

Any deviation of Ojas in the system will result in the disturbance of the body and the mind. This manifests itself as loss of energy, distraction and depression. Statistics indicate that eighty percent of the worlds'

population suffer from some form of depression. Anger, hunger, anxiety, sorrow, grief, physical