CONTENTS

Chapter-1 : Introduction.................................................................01-13

Chapter-2 : Modern Living and Physical Health.........................14-85
   a. Food Habit
   b. Lack of Physical Exercise
   c. Pollution
      i. Direct Pollution
      ii. Indirect Pollution

Chapter-3: Modern Living and Mental Health.................................86-161
   a. Nuclear System of Family
   b. Population Pressure
   c. Divided Society on the basis of caste, creed & religion
   d. Cultural Encroachment through Multimedia
   e. Psychosomatic disorders

Chapter-4: Mental and Physical Disorders: Yogic Solutions..........162-212

Chapter-5: Critical Evaluation and Conclusion.............................213-223

Bibliography..................................................................................224-226