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Editorials:

Its my pleasure to introduce you Volume XI of the IJMHS journal.It is the platform for researcher.

As we welcome nine writers to this issue of the Journal for publishing their articles.In this issue more of the articles about healthy lifestyle and maintainance.One of the author did survey assessment of risk factors which proceed to heart attack;which is helpful and interesting to follow our lifestyle and regimen.

Ayurvedic dietics and regimen help you to build a new personality with good energy and immunity that last through the rest of the year. *Yogasanas* also play an important role in healthy life style along with *rasayanas*.So more research should be on preventive measures.

It keeps you fit all through out the year.

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