

Top priority for New Year is good health & fitness



Lifestyle, Health and Wellbeing

DECCAN CHRONICLE.

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Holistic health, adapting to new normal and COVID preparedness top the wish-list of doctors

Dr Partap Chauhan, *director, Jiva Ayurveda*

Health is wealth, and my New Year's wish is that all of us build our natural immunity by adopting, to whatever extent, a traditional Ayurveda-based lifestyle. The pandemic is not over yet; the threat from the new omicron variant looms large. In such a scenario, even small changes in daily routine by incorporating natural herbal foods, practicing meditation, yoga and detoxification can all lead to holistic well-being. Also, I wish to see people following safe, covid-appropriate behaviour."

[new year wishes](#)