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Cardiologist Dr. Ramesh Kapadia's life's work is a testament to the success of prevention. Dr. Kapadia's program is aimed to prevent the heart attacks from ever happening as well as to prevent the recurrence of the heart attacks in patients who already have known heart disease. In addition to the standard measures such as smoking cessation, regular exercise and maintaining of the ideal body weight, relaxation methods play a very important role in his program. Universal Healing Program (UHP), added to the conventional mainstream management of CHD, since 2nd October 1991, is the integral management of CHD. He has blended the best in medical advances with ancient science of healing. Over 10,000 patients have benefitted by this integral approach to management of CHD, resulting in saving of crores of rupees. The saving of cost does not include the stress and other inconveniences suffered by relatives as well as the patient.

The corner stone of the program is based on age old practice of *Shavasana* and Meditation. *Shavasana* not only heals the disease but heals the individual as a whole, hence the name Universal Healing Program. Dr. Kapadia has publications, video and audio recordings of the program to teach his approach. The core part of CHD and UHP is available on website www.universalhealing.org from which it can be downloaded free of cost. Large number of internet users across the world has been benefitted by it.

A handwritten signature in black ink, appearing to read 'Murat Tuzcu', written in a cursive style.