

## **Breakfast with Light 12**

May 26, 2013, Mumbai

In his lecture on Understanding Light and Vastushastra Dr. Raviraj Ahirrao brought out the use of ancient Indian wisdom and practice of Vastu which if applied in a building and residence layout, can promote a better quality of life. He highlighted the importance of entry of sunlight into the house with its germicidal and health benefits and thus the need for appropriate layout design and construction. Use of colours and their effect on our well-being were also amply illustrated.