

PATANJALI TREATMENT CENTRES

RUNNING WITH THE BLESSING OF

REVERED SWAMI RAMDEVJI MAHARAJ



Initiated in a very humble way with the aspirations of disease-free body, damage-free mind and a peaceful life, the services started by 'Divya Yog Mandir (Trust) and Patanjali Yogpeeth have become centres of disease treatment, patriotism and hope for crores of people today.

Today, with the ambition of making crores of people disease-free, Patanjali treatment centres are being established in all corners of the country. Now, people in need will not need to travel long distances and come to Haridwar. Till now, all the centres of the Ashram in the country are involved in this holy task. In these centres, expert Vaidas associated with the Ashram impart free treatment and diagnosis of both curable and non-curable diseases. In these centres, apart from medicines of the Ashram (same price in all centres), you will also find all literature of the Ashram, CDs, VCDs, and *Yog Sandesh* magazine. Here we are listing the contact details of the Patanjali Treatment Centres so that people can easily avail their services.

1. **Andhra Pradesh:** (1) Adilabad, mob.: 09423702333, (2) Badi Chawdi, Hyderabad, Ph: 040-24735946, (3) Langer House, Hyderabad, mob.: 09441076855, (4) Tarnaka, Secunderabad, Mob.: 9490313580, Hyderabad, mob.: 09490313580, (5) Sollar-22, Secunderabad, mob.: 09440952684, (6) Vishakhapatnam: 09490807512
2. **Assam:** (1) Bongaigaon, mob.: 09435020020, (2) Dibrugarh, mob.: 09435031987, (3) Dhubri, mob.: 09954092126, (4) Dispur, Guwahati, mob.: 09864062661, Ph.: 0361-2229159, (5) Guwahati, mob.: 09954710807, (6) Jorhat: mob.: 09435844839, (7) Karimganj, mob.: 09435026515, (9) Silchar, mob.: 09435175380, 910) tezipur, Sonitpur, mob.: 09864541111, (11) Tinsukia, mob.: 09435335666.
3. **Bihar:** (1) Sahjahanand Nagar, Bedursarai, mob.: 09835064517, (2) Gachi-tola, Bedursarai, mob.: 09934708440, (3) Marwari Tola Lane, Bhagalpur, mob.: 09431205244, (4) Khalipha Bagh, Bhagalpur, mob.: 09334286034, (5) Ada, Bhojpur, mob.: 09430622667, (6) Motihari, East Champaran, mob.: 09431809035, (7) Betiya, West Champaran, mob.: 09334666858, (8) Gaya, mob.: 09334863037, (9) Jahanabad, mob.: 09334343019, (10) Madhubani, mob.: 09470031001, (11) Mujaffarpur, mob.: 09334448910, (12) Patna, mob.: 09931102523, (13) Rakshol, East Champaran, mob.: 09905212882, (14) Samastipur, mob.: 09431208642, (15) Sitamadi, mob.: 09835049755, (16) Hajipur, Vaishali, mob.: 09431026377.
4. **Chattisgarh:** (1) Bhillai, mob.: 09425245593, (2) Korba, mob.: 09826111738, (3) Bilaspur, mob.: 09425583197, (4) Janjgir, Champa, mob.: 09425223286, (5) Padmanavpur, Durg, mob.: 09893865010, (6) Raigarh, mob.: 09425571089, (7) Samta Colony, Raipur, ph: 0771-4020983, (8) Shankar Nagar, Raipur, mob.: 09329482700, (9) Rajanandgaon, mob.: 09827181617
5. **Chandigarh:** (1) Chandigarh, ph.: 0172-6535156, (2) Sec-45 C, Chandigarh, mob.: 09417059821
6. **Daman and Diu:** Daman, mob.: 09228757365
7. **Delhi:** (1) Mayur Vihar, New Delhi, mob.: 09350233882, (2) Buradi, Delhi-84, mob.: 09811663038, (3) Samaypur, Delhi-42, mob.: 09899996960, (4) Preet Vihar, Delhi, ph: 011-22548254, (5) Naya Bazaar, Delhi, ph: 011-23985167, (6) Model Town, Delhi, ph: 011-



27224985, (7) Hari Nagar, Delhi, mob.: 09811444809, (8) New Rajendra Nagar, Delhi, ph: 011-42411100, (9) Near Uttam Nagar, Delhi, mob.: 09910182525, (10) Kohat Enclave, Pitampura, Delhi, mob.: 09891974743/44, (11) Mehrauli, New Delhi-30, ph: 011-

6806693, (12) Dwarka, New Delhi, mob.: 09811211785, (13) Sarita Vihar, New Delhi-76, ph.: 011-26977777/8, (14) Greater Kailash-1, New Delhi-48, mob.: 09811526515, (15) Narela, New Delhi-40, mob.: 9911276396, (16) Laksmibai Nagar, New Delhi-23, mob.: 09810015266, (17) Mahipalpur, New Delhi-37, mob.: 09899924290, (18) Pidagadhi, Delhi, mob.: 09811542351, (19) Shyam Vihar, New Delhi-43, mob.: 09212509673, (20) Sahadra, Delhi, mob.: 09910266293, (21) Vivek Vihar, mob.: 09873183337

8. Goa: (1) Mapusa, Goa, ph: 0832-2266424, (2) Panditwada Kurti-Ponda, goa, mob.: 09766621189

9. Gujarat: (1) Anand, mob.: 09427054031, (2) Bapu Nagar, Ahmedabad, mob.: 09428479899, (3) Gita Mandir Road, Ahmedabad, mob.: 09427856148, (4) Paladi, ahmedabad, mob.: 09898225311, (5) Shahi Bagh, Ahmedabad, mob.: 09825549661, (6) Satyam Mall, Ahmedabad, mob.: 09825396900, (7) Banskantha, mob.: 09925047338, (8) Baroda, Sri G mob.: 09898702548, (9) Manjalpur, Baroda, mob.: 09428151333, (10) Bhuj, Kutch, ph: 02832-255335, (11) Bilimora, mob.: 09427469333, (12) Himmatnagar, mob.: 9426361816, (13) Mahsana, mob.: 09426405519, (14) Rajkot, mob.: 09426987888, (15) Surat, mob.: 09824760059, (16) Surendranagar, mob.: 09426233388, (17) Vapi, mob.: 09427463630.

10. Himachal Pradesh: (1) Bilaspur, mob.: 09425583197, (2) Hamirpur, mob.: 01972221797, (3) Megra, Hamirpur, mob.: 09816688072, (4) Dharmshala, Kangra, mob.: 09418234000, (5) Kangra, mob.: 09816120109, (6) Kullu, mob.: 09817082310, (7) Mandi, mob.: 09816351133, (8) Mandi, mob.: 09418042540, (9) Palampur, mob.: 09816726064, (10) Talant, Shimla, mob.: 09218533333, (11) Lower Phagli, Shimla, mob.: 09816254479, (12) Solan, mob.: 09218533333, (13)

Una, mob.: 09418043126.

11. Haryana: (1) Bahadurgarh, mob.: 09315520980, (2) Bhiwani, mob.: 01664-242253, (3) Ambala Cantt., ph.: 0171-2633064, (4) Ambala city, mob.: 09813852392, (5) Faridabad, mob.: 09311268177, (6) Sector-37, Faridabad, mob.: 09818399047, (7) Palwal, Faridabad, mob.: 09811693737, (8) Fatehabad, mob.: 09315381356, (9) Friend's colony, Gurgaon, mob.: 09911220500, (10) Arya Samaj Mandir, Hisar, mob.: 09896170938, (11) Hisar, ph: 01662-234123, (12) Shop no. 24, S.D. College Road, Near SBI Hansi, Hisar, mob.: 09255103637, (13) Jhajhar, mob.: 09315520980, (14) Govind Colony, Kaithal, mob.: 09813219136, (15) In front of Narvaniya building, Kaithal, mob.: 09812040507, (16) Karnal, mob.: 09896347831, (17) Kurukshetra, mob.: 09416026571, (18) Mahendragarh, ph: 01282-205003, (19) Panchkula, mob.: 09417042837, (20) Sukhdev Nagar, Panipat, ph.: 0180-3201230, (21) Rewari, mob.: 09416499887, (22) Sheela Bypass Chowk, Rohtak, mob.: 09416312445, (23) DLF Colony, Rohtak, mob.: 09416401037, (24) Vinay Nagar, Rohtak, ph: 01262-266292, (25) Sirsa, mob.: 09254121545, (26) Mahlana Chowk, Sonapat, mob.: 09466569636, (27) Sector-14, Sonapat, ph: 0130-6451642, (28) Professor's colony, Yamuna Nagar, mob.: 09896880051, (29) Near Nirankari Bhawan, Yamuna Nagar, mob.: 09416459506, (30) Charchi Dadri, bhiwani, mob.: 09416504480

12. Jammu and Kashmir: (1) Purani Mandi, Jammu, mob.: 09419193602, (2) Jammu Tawi, mob.: 09419893360, (3) Udampur, mob.: 09469093542.

13. Jharkhand: (1) Bokaro Steel City, mob.: 09334783470, (2) Deogarh, mob.: 09431003654, (3) Jamshedpur, ph: 0657-3297260, (4) Dhanbad, ph: 0326-2224447, (5) Ranchi, mob.: 09931102522, (6) Adityapur, Saraikala Kharsawa, mob.: 09431183825.

14. Karnataka: (1) Bangalore: 080-26768560, (2) Hubli, ph: 0836-2237511/12, (3) Mangalore, ph: 0824-2211040.

15. Manipur: (1) Imphal, mob.: 09436027817

16. Meghalya: (1) Shillong, mob.: 09436100482.

17. Maharashtra: (1) Navipet, Ahmadnagar, mob.: 09372416555, (2) Saveri, Ahmadnagar, mob.: 09420344777, (3) Srirampur, Ahmadnagar, mob.:

09822806349, (4) M.G. Road, Akola, mob.: 9373220021, (5) Near LRT college, Ratan Lal Plot, Akola, mob.: 09822699398, (6) Amravatti, mob.: 09823651112, (7) Aurangabad, mob.: 09822391825, (8) Beed, mob.: 09822670053, (9) Bhandara, mob.: 09422804236, (10) Buldana, mob.: 09422180963, (11) Khamgaon, Buldana, mob.: 09822699398, (12) Nandura, Buldana, mob.: 09890519051, (13) Dhulia, mob.: 09421531300, (14) Lane no. 6, Dhulia, mob.: 09823695054, (15) Garhchirouli, mob.: 09421808129, (16) Gorelal Chowk, Godiya, mob.: 09422113984, (17) Ingle Chowk, Godiya, mob.: 09422804236, (18) Chandrapur, mob.: 09423682928, (19) Jalgaon, mob.: 09422772126, (20) Jalna, mob.: 09823068050, (21) Shahpuri, Kolhapur, mob.: 09226340955, (22) Ichalkaranji, Kolhapur, mob.: 09860808048, (23) Rajarampuri, Kolhapur, mob.: 09226340955, (24) Latur, mob.: 09421445577, (25) Andheri (East), Mumbai, ph.: 022-32954412, (26) Andheri (West), Mumbai, mob.: 09322328094, (27) Bandra (east), Mumbai, mob.: 09892261817, (28) Borivali (W), Mumbai, mob.: 09819811471, (29) Chembur, Mumbai, mob.: 09821211177, (30) Dadar (W), Mumbai, ph.: 09987605556, (31) Ghatkopar (W), Mumbai, ph.: 022-32408989, (32) Marine Lines, Mumbai, Ph: 022-66396525, (33) Belapur, Navi Mumbai, ph: 022-67214071, (34) Sector-28, Vashi, mob.: 09819856592, (35) Varli, Mumbai, mob.: 09821118765, (36) Dr A. B. Road, Varli, Mumbai, mob.: 09821118765, (37) Ambedkar Chowk, Nagpur, mob.: 9422113984, (38) Suyog Nagar, Nagpur, mob.: 09422804236, (39) Lokmat Bhavan, Nagpur, ph.: 0712-2448283, (40) Sadar, Nagpur, ph.: 0712-2588283, (41) Station Road, Nanded, mob.: 09823068808, (42) Shivaji Nagar, Nanded, mob.: 09423702333, (43) Malegaon, Nasik, mob.: 09371255588, (44) Nasik, mob.: 09850514777, (45) Baramati, Pune, mob.: 09422331597, (46) Chichvad, Pune, mob.: 09850453774, (47) Nana Peth, Pune, mob.: 09890581884, (48) Pimpri, Pune, mob.: 09823320060, (49) Rasthapeth, Pune, mob.: 09371006718, (50) Gulistan, Pune College Road, Pune, mob.: 09372583838, (51) Bargadsheri, Pune, mob.: 09371000367, (52) Sangli, mob.: 09372141415, (53) Saurya Gaon, Sholapur, mob.:

09822079039, 09970916089, (54) Dutt Chowk, Sholapur, mob.: 09823025501, (55) Kudal, Sindh Durg, mob.: 09421261352, (56) bhiwandi, Thane, ph: 02522-248729, (57) Navapada, Thane, mob.: 09823121738,



(58) Tendi Naka, Thane, mob.: 09320615412, (59) Wagle Estate, Thane, mob.: 09324023024, (60) Wagle Nagar, Thane, mob.: 09987043484, (61) Vashim, mob.: 09422522749, (62) Arni Road, Yavatmal, ph.: 07232-327743, (63) Ghamangaon Road, Yavatmal, mob.: 09421845067, (64) Ingole Chowk, Wardha, mob.: 9372854555, (65) Bachelor Road, Wardha, mob.: 09325653177.

18. Madhya Pradesh: (1) Bhopal, ph.: 0755-6454990, (2) Chattarpur, mob.: 09893327808, (3) Chindbada, mob.: 09425834141, (4) Damoh, mob.: 09425455434, (5) Guna, ph.: 07542-25454, (6) Gwalior, ph.: 0751-2237112, (7) Indore, mob.: 09302120554, (8) Jabalpur, ph.: 0761-6451291, (9) Ratlam, mob.: 09893330555, (10) Ujjain, mob.: 09425093688, (11) Anand Bazar, Khajrana Road, Indore, mob.: 09752975147, (12) Reba, mob.: 09827329630, (13) Satna, mob.: 09425173657, (14) Shahdol, mob.: 09752591942

19. Nagaland: (1) Jinendra Towers, Dimapur, mob.: 09436019729, (2) Sikosi Building, mob.: 9436007288.

20. Orissa: (1) Balasore, mob.: 006782-262812, (2) Berhampur, mob.: 09437122776, (3) Bhadrak, mob.: 09437297497, (4) Bhubaneshwar, mob.: 09937929834, (5) Bolangir, mob.: 09437124211, (6) Thikadarpara, Bolangir, mob.: 09437570677, (7) Choudbar, Cuttack, mob.: 09437666028, (8) Bazaar Kabti road, Cuttack, mob.: 09438369660, (9) Jajpur, mob.: 09437027310, (10) Jharsuguda, mob.: 09937728187, (11) Khurda, mob.: 09437480348, (12) Koraput, mob.: 09437236687, (13) Nabapada, mob.: 09437119634, (14) Puri, mob.: 09437000060, (15) Chind Colony, Rourkela, mob.: 09437248788, (16) Sambalpur, mob.: 09438150381, .

21. Punjab: (1) Amritsar, mob.: 09814808121, (2) Lawrence Road, Amrtisar, mob.: 09417253060, (3) Barnala, ph.: 01679-234461, (4) Bhatinda, mob.:



09316074066, (5) Firozpur, mob.: 09855649490, (6) Gurdaspur, mob.: 09814575387, (7) Hosiarpur, mob.: 09463024851, (8) Nakodar Chowk, Jalandhar, mob.: 09417540510, (9) Sri Devi Talab Mandir Charitable Hospi-

tal, Jalandhar, mob.: 09417006231, (10) Kapurthala, ph.: 01822-325438, (11) Khanna, mob.: 09878992927, (12) C.N. Tower, Link Road, Ludhiana mob.: 09878992927, (13) Civil Lines, Ludhiana, mob.: 09878506023, (14) Near Shringar Cinema, Ludhiana, mob.: 09988005756, (15) Mansa, mob.: 09217290767, (16) Muktsar, mob.: 09815962929, (17) Moga, mob.: 09988337227, (18) Mohali, mob.: 09417042837, (19) Pathankot, mob.: 09216440999, (20) Patiala, mob.: 09417015804, (21) Phagwara, mob.: 09872217062, (22) Ropar, mob.: 09876464417, (23) Sangrur, mob.: 09217223442, (24) Narantaran, Amritsar, mob.: 09915045404, (25) Kot Kapura, Faridkot, mob.: 09417582111, (26) Shahkot, Jalandhar, mob.: 09815188103, (27) CSF, Khanna, mob.: 09878992927, (28) Raikot, Ludhiana, mob.: 09357535333, (29) Navangseher, mob.: 09814880088

- 22. Rajasthan:** (1) Ajmer, mob.: 09829523111, (2) Tej Mandi, Alwar, mob.: 09414017756, (3) Bus-stand Road, Alwar, mob.: 09414401321, (4) Banswara, mob.: 09414567567, (5) Balotra, Badhmer, mob.: 09460461427, (6) Bhilwara, mob.: 09414115423, (7) Sardulganj, Bikaner, mob.: 09413557138, (8) Rani Bazar, Bikaner, mob.: 09252063246, (9) Churu, mob.: 09413378935, (10) Dungarpur, mob.: 09460022133, (11) Tonk Road, Jaipur, mob.: 09414053776, (12) Sanganeri Gate, Jaipur, mob.: 09829064334, (13) Mansarovar, Jaipur, mob.: 09414821188, (14) Near Sindhi Camp, Jaipur, mob.: 09414071022, (15) Vidyadhar Nagar, Jaipur, mob.: 09461664099, (16) Jhunjnu, mob.: 09950893550, (17) Jodhpur, mob.: 09829598255, (18) Hanumangarh Town, mob.: 09828529123, (19) Hanumangarh Junction, mob.: 09460392575, (20) Bhadra, Hanumangarh, mob.: 09828836218, (21) Hindon City, Karouli, mob.: 09414307941/42, (22)

Kota, mob.: 09414406430, (23) Sumerpur, Pali, mob.: 09829504787, (24) Rajsamand, mob.: 09414169792, (25) Sriganganagar, mob.: 09414094874, (26) Sikar, mob.: 09413463177, (27) Durga Nursery Road, Udaipur, mob.: 09351324806, (28) Bata Gali, Udaipur, ph: 0294-2410626.

- 23. Sikkim:** (1) Gangtok, mob.: 09434029507.

- 24. Tamil Nadu:** (1) Chennai, Tamil Nadu, ph: 044-28361604, (2) Coimbatore, mob.: 09363102488

- 25. Tripura:** (1) Agartala, mob.: 09436126559, (2) Sarasima, Belonia, ph.: 03823-222427

- 26. Uttarkhand:** (1) Dehradun, ph.: 0135-6456898, (2) Haldani, Nainital, mob.: 09837023498, (3) Pithoragarh, mob.: 09897089882, (4) Roorkee, mob.: 09897046386, (5) Rudrapur, Udham Singh Nagar, mob.: 09412120763.

- 27. Uttar Pradesh:** (1) Barakhamba Road, Agra, mob.: 09897500500, (2) Kamla Nagar, Agra, mob.: 09897007181, (3) Sector 16, B, Agra, mob.: 09897327755, (4) Aligarh, mob.: 09359512771, (5) Azamgarh, mob.: 09415208437, (6) Kurmi Tola, Azamgarh, mob.: 09415208437, (7) Kareli Bagh colony, Allahabad, mob.: 09335137703, (8) Ram Bagh, Allahabad, mob.: 09415236885, (9) Badabanki, mob.: 09415007404, (10) Bareilly, mob.: 09411091083, (11) Bijnaur, mob.: 09837392151, (12) Deoriya, mob.: 09889665041, (13) Ita, mob.: 09412896921, (14) Itawa, mob.: 09760095209, (15) Faizabad, mob.: 09451205999, (16) Kyaliral Memorial Society, Hospital Road, Fatehgarh, Farookhabad, mob.: 9450005482, (17) Firozabad, mob.: 09837369291, (18) Patel Nagar, Ghaziabad, mob.: 09871161867, (19) Sector-10, Raj Nagra, Ghaziabad, ph.: 0120-2822285, (20) Vaishali, Ghaziabad, mob.: 09899522277, (21) Ghazipur, ph.: 0548-2220024, (22) Gorakhpur, mob.: 09839820080, (23) Greater Noida, Gautam Bodh Nagar, mob.: 09910407269, (24) Hapur, mob.: 9312633918, (25) Jaunpur, mob.: 09935853010, (26) Hanuman Mandir Road, Kanpur, ph: 09336102101, (27) Aradhana Complex, Kanpur, mob.: 09838835001, (28) Lakhimpur Khiri, mob.: 09451904034, (29) Lal Kuan, Lucknow, mob: 09839640205, (30) Vikas Nagar, Lucknow, ph.: 0522-2738555, (31) Mathura, mob.: 09412727288, (32) Mao, mob.: 09336312446

(33) Hanuman Ghat Road, Mao, mob.: 09450757698, (34) Meerut, mob.: 09897044107, (35) Modinagar, mob.: 09837371444, (36) Chandosi, Muradabad, mob.: 09411009512, (37) Muradabad, ph.: 09927069521, (38) Mujaffarnagar, mob.: 09359317793, (39) Sector 26, Noida, mob.: 09811688223, (40) Sector-34, Noida, mob.: 09837094135, (41) Sector-8, Noida, mob.: 09910032999, (42) Pratapgarh, mob.: 09839029569, (43) Rai Bareilly, mob.: 09839129116, (44) Saharanpur, mob.: 09411959905, (45) Sant Kabir Nagar, mob.: 09936248265, (46) Sitapur, mob.: 09235736718, (47) Renukut, Sonebhadra, mob.: 09453324857, (48) Robert's Ganj, Sonebhadra, mob.: 09415679062, (49) Sultanpur, mob.: 09451494391, (50) Unnab, mob.: 09450365426, (51) Sigra, Varanasi, mob.: 09452276777, (52) Durga Kund Road, Varanasi, mob.: 09452309100

28. West Bengal: (1) Asansol, mob.: 09474122128, (2) Vardhman, mob.: 09332100418, (3) Durgapur, Vardhman, mob.: 09434002234, (4) South Dinazpur, mob.: 09434120786, (5) Hugli, mob.: 09831296592,

(6) Pradhan Nagar, Siliguri, mob.: 09832066480, (7) Vardhman Road, Siliguri, mob.: 09832041418, (8) Howrah, ph.: 0033-32421357, (9) Ballygunj Palace, East Kolkata-19, mob.: 09883017969, (10) CIT

Scheme, mob.: 09331260507, (11) Dum Dum, Kolkata, mob.: 09433532864, (12) Chittaranjan Avenue, Kolkata-07, mob.: 09830665005, (13) Parvati Ghosh Lane, mob.: 09330105000, (14) Chinar Park, Kolkata, mob.: 033-27116454, (15) Bentinck Street, Kolkata-1, mob.: 09830077899, (16) New Alipur, Kolkata, mob.: 09007789242, (17) Kanchrapara, 24 Parganas, mob.: 9331022220, (18) East Midnapur, mob.: 09932208029, (19) Murshidabad, mob.: 09932488979, (20) Raniganj, Vardhman, mob.: 09434002234.

29. Nepal: (1) Kathmandu, ph: 00977-1-4674666, (2) Rupandehi, Butwal, ph.: 00977-71-544714, (3) Kaski, Pokhara, ph.: 00977-9856027826.



PROTECTOR OF HEALTH

Acharya Balkrishna

- Going to bed early at night and getting up early, before the sunrise is good for health.
- Health does not only mean health of the body. It also means happiness of the mind and brain.
- After getting up in the morning, meditate on God for a while (10-15 minutes),. Meditation on god keeps keeps the brain cool.
- To keep healthy and free from diseases, always take nutritious and correct food. One who has Pathya (parhej) does not have any need for medicine.
- The mind should be kept peaceful and happy while eating. Throughout the day, at least mealtimes should be kept for oneself.
- One should always have meals on time. Eating more food before the previous meal has been digested will lead to ill health.
- Eating curd at night and sleeping during the day (except during the summer season) is harmful for health.
- Exercising is good for health. However, doing more exercise or work than your body is capable of doing can be very harmful.
- Being much more fatter or thinner than necessary are both harmful. At the same time, however, being fatter is more harmful as a number of diseases have their roots in obesity. Hence, one should beware of this.
- No disease should be considered small. If no attention is given, even a small illness may explode into a big disease.