

us success and we have changed our life style after watching your program on television.

You are doing a favour to the mankind by teaching the sage Patanjali style yogasanas and pranayam. You are the saviour. The people of India and abroad were unable to control their diseases, you have incarnated at such time when humanity is degrading day by day. You are teaching people to follow the path of discipline. This is not the age where you can say something and people would follow, you have to set an example and be an ideal, you are able to do all this following our culture. I do not have words to express my gratitude. Our wish is that Patanjali Yogpeeth should be one of its kinds in this world.

While practicing pranayam you say that 60 yrs back a martyr had said 'you give me blood, I will give you freedom', in the same way you say 'you give me time, I will give you health'. Your teachings are inspiring and raising confidence. Please pardon me for my mistakes.

Yours

Ram Pravesh Sharma
Sanatan Dharm Seva Sadan

Main road – Chautaga
Pegu Dist. Myanmar (Burma)

PRANAYAM HAS CHANGED MY LIFE STYLE

Swamiji Maharaj,

Namaste! My name is Vinod Tahalram. I am a businessman in a town called Batra in Amaravati. I was very unhappy and depressed with myself. I faced many problems in my life; initially I had problems after my marriage related to my business, house and family problems. One of my well-wishers watched your program on Astha Channel and advised me to practice the same. Swamiji! After watching your program on television I have started practicing pranayam. I participated in the Yog camp held at Amaravati. I did not get much benefit with pranayam initially because I never practiced it regularly. Since 2007, I have been practicing pranayam daily.

Swamiji! What I could achieve through pranayam cannot be expressed in words. One thing I can say that pranayam has changed my life style, I have got a new life.

Yours

Vinod Tahalram
M/s Vinod Soap Factory
Amaravati (Maharashtra)

PRANAYAM HELPS IN CURING DIABETES AND HIGH BLOOD PRESSURE

Respected Yog Rishi Ramdev Ji Maharaj,
Namaste!

Respected Swamiji! I have been watching your program on Astha channel since two years. I am suffering from diabetes since 2003 and Blood pressure for the past few months. I started practicing Yog and pranayam under the guidance of Sri Subhash Ahuja in Seva Sadan ashram, which is situated in Chautanga; he learnt Yog and pranayam from the Bangalore camp. It has given

GOT RELIEF FROM ARTHRITIS, DIABETES, BLOOD PRESSURE, EYE DISEASE

Respected Swamiji Maharaj!

Namaste.

I was suffering from arthritis, diabetes, blood pressure and eye related problems from the past ten years. After watching your program on 'Astha Channel', I started practicing Yog like 'Ekalavya'. My heel bones of both the legs had extra growth. Now I am fit without any complaint. Now I am practicing Yog regularly. I am able to cure people from incurable diseases through my personal experiences. My wish is that I should be able



OUR EXPERIENCES

to offer my services life long.

Yours

Prabhu Dayal Prabhakar
Prabhakar Nivas,
Village-Sugiyadeeh, Post-Saray Dhela,
Dhanbad (Jharkhand)
Pin-828127.

HOME REMEDIES WERE FRUITFUL

Respected Swamiji Maharaj!

Salaam Valekum,

My residence is in Bhagalpur district of Bihar. I am
tailor by profession, which is in Bengal. I often come

home. I have twins, both are boys. One child
was able to walk from the age of one and
half years but another child is unable to walk,
even though now his age is two years and eleven
months, he can neither stand with out assistance nor
walk. Our family was very depressed.

The Yog instructor Ms.Savita Basuji advised us that
if chuara is soaked in the water at night and grinded in
the morning and consumed with milk it gives strength to
the legs, adding saffron in oil and massaging, gives
strength to the legs. My wife tried only the chuara with
milk, it has done miracle. He was able to stand and
walk within fifteen days.

I want to give my best wishes and gratitude for the
camps you are organizing for good health.

Yours

Mohammad Sabbir
Sadrudeen Chak
Bhagalpur (Bihar)

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