

Y OUR EXPERIENCES

YOGA WAS BENEFICIAL IN REMOVING THE BLOCKAGE IN THE HEART

Respected Swami Ji,
Namaste!

My husband Yogendranath Modak (65 yrs) was suffering from heart disease. The doctors in Calcutta advised bypass surgery in 2007. We were not ready for the surgery, and fortunately visited your 'free yoga camp' on the advice of a well-wisher. There they suggested to practice pranayam and consume bottle gourd lauki juice. This helped in loosing weight. Earlier my husband's weight was 85 kg and now it is 64 kg.

Now my husband is healthy and completely free from blockages. He has set an example for all the heart patients. I am very thankful to you.

Yours sincerely,
Mrs. Radha Modak,
Ras Bihari Sharan, Ashirvad
Bhavan,
Kheldhar, Hakimpada,
Siliguri (West Bengal),
M: 9733082728.

BY-PASS SURGERY COULD BE AVOIDED BY YOGA PRACTICE

Respected Swami Ji Maharaj!
Namaste

My name is Arvind Bala and I am 55 years old. I am working in Indian Olympic Association since 1976. I suffered from heart attack on 22nd November 2004. I got all the

tests done and the results showed that two of my arteries were blocked up to 90% and 85%. I got the angiography done in Apollo Hospital. On 11th January 2005 doctors suggested by-pass surgery. I was depressed and was not ready for the surgery.

I had heard a lot about you and watched your program on Astha channel and was very impressed. I started practicing Yoga. I recovered within one and half years with regular practice of Yoga balanced diet and bottle gourd juice. Doctors had earlier suggested that I should take medicines for heart attack through out my life but now I have stopped consuming the tablets since March 2007. I used to suffer from palpitation after walking but now I am able to climb the steps of even a five storied building. I will remain indebted to you life long for giving me a healthy life.

Yours truly,
Arvind Bala, Project officer
India Olympic Association
G.H..8/26, Panchsheel Vihar,
New Delhi.

PRANAYAM AND AYURVEDIC MEDICINES CURED T.B.

Respected Swami Ji,
Namaste

I was suffering from tuberculosis since July 2004. I had severe cough, and blood in phlegm. I had poor appetite along with fever. My weight also reduced drastically. I

was on continuous medication for almost three years but there was no improvement. Only then I came to know about Patanjali Yogpeeth. I consulted doctor Sushant Mishra and on his advice I started taking medicines and practicing pranayam since one year. Now my health has improved. The appetite has improved, my cough is under control, there is no phlegm and fever has also reduced. I have gained ten kilos and feel very healthy. Thank you very much for giving me a new life.

Yours truly,
Phool Singh, Alipur Kalam Village,
Jyotiba Phule Nagar,(U.P)
Mobile : 9917358381.

PRANAYAM HELPS IN CHRONIC DISEASES

Respected Swami Ji,
Namaste!

The monthly magazine 'Yog Sandesh' has become the means for a healthy life. Swami Ji I was suffering from mental illness since 16 yrs. In spite of my low monetary status I had to buy medicines. I started practicing pranayam, Yog and watched your program on Astha channel. There was good improvement in my condition. I was also suffering from hernia and diabetes. I have become healthy and started believing in myself with regular practice of asana. Thanks a ton to have started such revolution.

Yours truly,
Arun Bol Kute, c/o Bank of India,
Nagbheed branch, Chandrapur
(Maharashtra).