



UNMATCHABLE 'YOG SANDESH'

Respected Swami Ji Maharaj!
Namaskar!

You are a divine and supernatural power of 21st century. You have extended Yog to each and every house, which is a unique, unmatched and credible work. *Yog Sandesh* published from Hardwar is a very informative and knowledgeable magazine. It gives the right direction to overcome all sorts of disease and is a great source of spiritual knowledge.

I have expressed my feelings in the form of a poem;

श्री हरि के द्वार यानी हरिद्वार।
से निकला अनुपम 'योग संदेश'॥
हम सबका पुनीत कर्तव्य है।
करें प्रचार-प्रसार देश-विदेश॥
पतंजलि औषधालय आयुर्वेदिक है।
सेवन करके आप करे श्री गणेश॥
मानव-मानव में तनिक न रहे भेद।
'योग चिकित्सा' से ही मिटावे क्लेश॥
मेरी शुभकामनाएं हैं, समग्र भारतवर्ष में।
फैले "स्वामी रामदेवजी" का संदेश॥

'It is our duty to propagate Yog Sandesh published from Hardwar. Everybody should use the Ayurvedic medicines of Patanjali medical center in order to relieve the diseases without any differences between individuals. The poet expresses his desire that Swami Ji's Yog Sandesh should spread all over the country'.

Yours truly
Shridhar Yadav

Khadhara, Barahat, Banka (Bihar)
Pin - 813121

200 PRISONERS OF SHAHJAHANPUR ARE PRACTIC- ING YOG EVERYDAY

Revered Swami Ji Maharaj!
Namaskar!

I am a prisoner at Shahjahanpur jail from 30-11-2005. I was very angry and destructive kind of person in the beginning but my life has completely changed after coming here. I have got a new life with the practice of pranayam. I was suffering from several diseases like discharge of vital humours through urine, constipation, spinal pain, gastric trouble etc. Now, I am relieved of all these diseases and leading a healthy life. I saw you for the first time at IVRI Yog science camp organized at Bareilly and learnt a few asanas and pranayam in that camp.

As per your direction district collector of Patanjali Yogpeeth Madanlal Pathak organized a Yog science camp and I also took part in the camp. I listened to everything very carefully and understood it. From that day onwards I was very dedicated and developed lot of faith. I started practicing Yog and also taught to other inmates of this jail. The jail authorities were impressed with the dedication and gave me the responsibility of Yog teacher of jail. Initially 10-15 prisoners came forward to learn Yog and today with your blessing around 200 prisoners are practicing Yog everyday. They have been able to overcome serious diseases, which probably would have been difficult even after spending several thousands. Two of us have subscribed to *Yog Sandesh* magazine and the jail authorities have ordered other literature published from Patanjali Yogpeeth. All the prison-

ers watch Astha Channel available at each barrack.

Jail authorities from other places informed that this is the first jail in Uttar Pradesh, which organizes Yog camp regularly. This has changed the negative and destructive mentality of the prisoners and there has been tremendous improvement.

Swami Ji I have taken a resolution that I would dedicate rest of my life in your proximity and sacrifice my life for protecting the Indian culture and welfare of the society.

Yours truly,
Premchandra Mishra
District Jail, Shahjahanpur
(U.P)

YOG AND PRANAYAM RELIEVED DIABETES

Revered Swami Ji Maharaj!
Namaskar!

I am practicing pranayam for the past eight months. I was suffering from high blood pressure and diabetes since several years. The PP sugar level in January 2008 was 336 and I used to take medicines twice daily. I used to practice all the seven steps of pranayam, some light exercises, 9 asanas along with medication.

I am eating chapattis made with gram flour and coarse meal for dinner. Now the sugar level has come down to 131-278 and at present it is between 54-116. The doctor was also surprised to see this change and asked me the secret. I told him that I am practicing pranayam. Doctor has advised me to stop taking medicine at night. The recent tests results show sugar level at 31-148 and doctor has asked me to take one tablet in the morning instead of two. Now I am feeling a lot better. Everybody is reaping health benefits by following the path of Swami Ji.

Yours truly,
D.K.Mitra,
217-219/2A, Sector-4,
Balko Nagar, Korba (Chattisgarh)