

**SUMMARY OF STUDENTS' BENEFITS (2010 to December 2017)**

**(RELIEF / TECHNIQUES LEARNED FOR AILMENTS & HEALTH PROBLEMS)**

<b>AREAS</b>	<b>Total</b>	<b>All Positive Reviews (Comment Nos.)</b>
Anxiety	22	2, 3, 27, 36, 43, 53, 63, 73, 76, 105, 109, 114, 124, 126, 171, 201, 203, 206, 211, 214B, 215, 232,
Back Pain -	19	15, 26, 30, 32, 34, 42, 71, 81, 91, 102, 124, 139, 162, 168, 211, 244, 255, 258, 261,
Breathing Problems/ Asthma / Alergy, Caugh/Cold	11	19, 28, 92, 101, 102, 127, 133, 143, 167, 232, 244,
Depression, Techniques for Preventing	6	9, 64, 105, 114, 139, 203,
Diabetes / Medical issues	2	137, 144,
Digestive / Abdominal Dissorders / IBS	6	20, 29, 100, 201, 211, 239,
Eye Dissorders	2	127, 244,
Giddiness / Vertigo, Relief from	4	73, 115, 226, 237,
Heart, / Cardiac Toning / BP	5	101, 105, 114, 139, 211,
Immunity improvement	4	133, 134, 160, 239,
Joint Strengthening	3	100, 201, 237,
Neck Shoulder / Leg / Knee Pain	10	14, 30, 32, 39, 99, 102, 114, 237, 266,
Migraine, Stress Headache	4	199, 201, 227, 241,
Sleep Dissorders	6	99, 203, 212, 226, 227, 228,
Thyroid Issues	7	105, 114, 127, 139, 160, 186, 201,
Stress / Tension Reduction, Mgmt.	51	3, 7, 8, 12, 16, 21, 23, 25, 26, 27, 37, 38, 44, 48, 49, 50, 53, 61, 62,63, 68, 69, 73, 76, 82, 84, 91, 102, 108, 114, 126, 139, 160, 171, 173, 190, 191, 202b, 204, 206, 208, 210, 214B, 215, 217, 224, 235, 237, 243, 251, 266,
Sinusitis,	2	101, 151
De-Toxification / Toning	4	102, 134, 148, 210
Tummy Reduction	8	1, 152
Weight Control / Reduction / Obesity	45	1, 10, 12, 18, 19, 20, 40, 41, 46, 48, 58, 81, 82, 86, 98, 103, 105, 108, 111, 114, 115, 120, 122, 124, 127, 129, 133, 134, 137, 146, 151, 160, 167, 171, 199, 202B,214B, 215, 229, 232, 243, 244, 247, 248, 256,
<b>Total Comments (All Positive)</b>	<b>221</b>	

**SUMMARY OF STUDENTS' BENEFITS (2010 to December 2017)**

**(GROWTH & IMPROVEMENTS GAINED, TECHNIQUES LEARNED)**

<b>AREAS</b>	<b>Total</b>	<b>All Positive Reviews (Comment Nos.)</b>
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<b>Achieve Aspirations / Goals - Guidance for...</b>	4	133, 167, 173, 242,
<b>Anger Mgmt. / Parenting</b>	11	48, 82, 87, 100, 124, 133 (Parenting), 185, 211, 237, 256, 260,
<b>Confidence / Courage / Will Power</b>	19	30, 32, 36, 37, 44, 64, 138, 151, 161, 183, 185, 186, 191, 209, 222, 223, 235, 249, 266,
<b>Concentration</b>	45	2, 7, 16, 20, 29, 30, 32, 36, 37, 46, 48, 49, 50, 74, 75, 82, 85, 98, 100, 108, 109, 114, 124, 139, 150, 151, 158 171, 174, 185, 187, 191, 208, 211, 212, 214A, 232, 235, 237, 241, 242, 246, 250, 256, 282,
<b>Diet &amp; Food Habits - Control</b>	3	18, 147, 204,
<b>Emotional Maturity</b>	7	66, 109, 131, 233, 244 268, 271,
<b>Energy increase, Keeping Active</b>	12	21, 41, 44, 54, 111, 134, 143, 173, 236A, 109, 271, 283,
<b>Flexibility</b>	26	7, 8, 10, 19, 21, 65, 85, 86, 98, 99, 100, 103, 104, 109, 114, 115, 191, 201, 222, 223, 228, 229, 241, 246, 248, 282,
<b>General Physical &amp; Mental Health / Fitness</b>		Most of the Reviews
<b>Hair Growth / Clear Skin</b>	5	21, 52, 102, 180, 183,
<b>Laziness Removed, Keep Active / Alert</b>	10	2, 43, 53, 67, 68, 69, 81, 115, 122, 236,
<b>Lifestyle - - Disciplin, / Transformation / Inspiration</b>	40	2, 6, 9, 13, 15, 54, 56, 65, 108, 109, 110, 131, 134, 135, 153, 156, 158, 159, 168, 188, 199, 203, 206, 207, 214C, 227, 228, 232, 234, 240, 250, 252, 253, 256, 263, 264, 265, 277, 280, 281
<b>Happy, Calmness, Peaceful</b>	20	8, 21, 24, 54, 66, 161, 200, 202A, 207, 208, 215, 222, 223, 224, 236A, 239, 243, 249, 251, 257,
<b>Memory Improvement</b>	16	3, 16, 36, 74, 75, 85, 98, 124 151, 174, 187, 211, 214A, 215, 241, 246,
<b>Mind Mgmt. Techniques (Prathyahara)</b>	28	57, 104, 107, 108, 111, 113, 114, 174, 178, 181, 188, 193, 203, 207, 208, 214B, 218, 228, 231, 234, 255, 263, 267, 270, 272, 273, 277, 283,
<b>Unhealthy Habits - to stop</b>	2	54, 87,
<b>Mental Peace,</b>	4	110, 152, 155, 203,
<b>Physical Stamina / Strength</b>	13	7, 8, 57, 84, 108, 109, 150, 171, 208, 212, 221, 223, 282,
<b>Positivity / motivation</b>	28	5, 36, 42, 53, 82, 86, 101, 103, 105, 112, 121, 123, 131, 137, 169, 170, 185, 203, 214C, 233, 235, 243, 247, 248, 249, 255, 268, 271,
<b>Professional Life, Productivity / Personality / Work Quality Improvement</b>	15	4, 42, 109, 140, 167, 220, 228, 232, 238, 242, 244, 255, 259, 260, 270,
<b>Refreshing</b>	11	7, 8, 21, 24, 65, 109, 115, 134, 148 213, 221,
<b>Rejuvenating</b>	6	44, 54, 148, 161, 236, 269,
<b>Work quality - improvement</b>	2	124, 171,
<b>Total Comments (All Positive)</b>	327	

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### (ABOUT OUR YOGA CENTER, HEALTHY BODY & MIND PROGRAMME & TEACHERS)

AREAS	Total	All Positive Reviews (Comment Nos.)
<b>Good Ambience / Facilities in the Center</b>	20	54, 70, 85, 93, 105, 134, 140, 169, 202, 213, 217, 220, 221, 225, 227, 230, 236, 239, 241, 278,
<b>Suitable for Beginners also</b>	6	96, 125, 142, 150, 159, 211,
<b>Course Structure/ Planning / Organising</b>	31	8, 31, 44, 58, 90, 101, 107, 109, 123, 134, 138, 139, 149, 156, 169, 178, 193, 197, 206, 207, 210, 211, 214A, 220, 224, 230, 231, 232, 263, 264, 282,
<b>Enjoyable, Friendly environment</b>	17	10, 11, 12, 19, 30, 31, 32, 39, 72, 96, 104, 106, 107, 128, 129, 213, 281,
<b>Foreign Students - from USA &amp; Germany</b>	4	95, 96, 112, 115
<b>Holistic Programme</b>	7	59, 113, 141, 159, 197, 278, 283,
<b>Individual Attention</b>		Most of the Reviews
<b>Herbal Juice - Natural, Healthy, Refreshing,</b>	19	191, 194, 212, 228, 233, 236, 237, 238, 246, 250, 257, 264, 268, 270, 273, 278, 279, 281, 283,
Non-comercial, Service/Contribution to Society	12	40, 63, 64, 65, 218, 229, 233, 250, 252, 254, 272, 283,
<b>Overall Recommendation</b>		Almost all the Reviews
<b>Pressure Points / Reflexology, Mudra Technique</b>	6	105, 109, 172, 201, 270, 273,
<b>Quality of Teaching</b>		Most of the Reviews - All Positives
Useful Course / Covers all Aspects of Yoga	7	100, 114, 142, 154, 155, 280, 283,
<b>Video + Audio Displays</b>	5	54, 96, 162, 247, 248,
<b>Yoga Benefits to Husband &amp; Wife,</b>	15	19, 23, 30, 76, 79, 90, 109, 123, 125, 126, 133, 137, 156, 157, 160,
<b>Total Comments (All Positive)</b>	149	