

SUMMARY OF STUDENTS' BENEFITS

(RELIEF / TECHNIQUES LEARNED FOR AILMENTS & HEALTH PROBLEMS)

AREAS	Total	All Positive Reviews (Comment Nos.)
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, Caught/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,
Total Comments (All Positive)	221	

SUMMARY OF STUDENTS' BENEFITS

(GROWTH & IMPROVEMENTS GAINED, TECHNIQUES LEARNED)

AREAS	Total	All Positive Reviews (Comment Nos.)
Achieve Aspirations / Goals - Guidance for...	4	133, 167, 173, 242,
Anger Mgmt. / Parenting	11	48, 82, 87, 100, 124, 133 (Parenting), 185, 211, 237, 256, 260,
Confidence / Courage / Will Power	19	30, 32, 36, 37, 44, 64, 138, 151, 161, 183, 185, 186, 191, 209, 222, 223, 235, 249, 266,
Concentration	44	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,
Diet & Food Habits - Control	3	18, 147, 204,
Emotional Maturity	7	66, 109, 131, 233, 244 268, 271,
Energy increase, Keeping Active	11	21, 41, 44, 54, 111, 134, 143, 173, 236A, 109, 271,
Flexibility	25	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,
General Physical & Mental Health / Fitness		Most of the Reviews
Hair Growth / Clear Skin	5	21, 52, 102, 180, 183,
Laziness Removed, Keep Active / Alert	10	2, 43, 53, 67, 68, 69, 81, 115, 122, 236,
Lifestyle - - Disciplin, / Transformation / Inspiration	37	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,
Happy,Calmness, Peaceful	20	8, 21, 24, 54, 66, 161, 200, 202A, 207, 208, 215, 222, 223, 224, 236A, 239, 243, 249, 251, 257,
Memory Improvement	16	3, 16, 36, 74, 75, 85, 98, 124 151, 174, 187, 211, 214A, 215, 241, 246,
Mind Mgmt. Techniques (Prathyahara)	26	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,
Unhealthy Habits - to stop	2	54, 87,
Mental Peace,	4	110, 152, 155, 203,
Physical Stamina / Strength	12	7, 8, 57, 84, 108, 109, 150, 171, 208, 212, 221, 223,
Positivity / motivation	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,
Professional Life,Productivity / Personality / Work Quality Improvement	15	4, 42, 109, 140, 167, 220, 228, 232, 238, 242, 244, 255, 259, 260, 270,
Refreshing	11	7, 8, 21, 24, 65, 109, 115, 134, 148 213, 221,
Rejuvenating	6	44, 54, 148, 161, 236, 269,

Work quality - improvement	2	124, 171,
Total Comments (All Positive)	318	
SUMMARY OF STUDENTS' OPINIONS		
(ABOUT OUR YOGA CENTER, HEALTHY BODY & MIND PROGRAMME & TEACHERS)		
AREAS	Total	All Positive Reviews (Comment Nos.)
Good Ambience / Facilities in the Center	19	54, 70, 85, 93, 105, 134, 140, 169, 202, 213, 217, 220, 221, 225, 227, 230, 236, 239, 241,
Suitable for Beginners also	6	96, 125, 142, 150, 159, 211,
Course Structure/ Planning / Organising	30	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,
Enjoyable, Friendly environment	16	10, 11, 12, 19, 30, 31, 32, 39, 72, 96, 104, 106, 107, 128, 129, 213,
Foreign Students - from USA & Germany	4	95, 96, 112, 115
Holistic Programme	5	59, 113, 141, 159, 197,
Individual Attention		Most of the Reviews
Herbal Juice - Natural, Healthy, Refreshing,	15	191, 194, 212, 228, 233, 236, 237, 238, 246, 250, 257, 264, 268, 270, 273,
Non-comercial	10	40, 63, 64, 65, 218, 229, 233, 250, 252, 254,
Overall Recommendation		Almost all the Reviews
Pressure Points / Reflexology, Mudra Technique	6	105, 109, 172, 201, 270,273,
Quality of Teaching		Most of the Reviews - All Positives
Useful Yoga Course	5	100, 114, 142, 154, 155,
Video + Audio Displays	5	54, 96, 162, 247, 248,
Yoga Benefits to Husband & Wife,	15	19, 23, 30, 76, 79, 90, 109, 123, 125, 126, 133, 137, 156, 157, 160,
Total Comments (All Positive)	136	