

SUMMARY OF STUDENTS' BENEFITS (2010 to December 2018)		
(RELIEF / TECHNIQUES LEARNED FOR AILMENTS & HEALTH PROBLEMS)		
AREAS	NO. OF Feedbacks (All Positive)	All Positive Reviews (Comment Nos.)
Anxiety, Fear	33	2, 3, 27, 36, 43, 53, 63, 73, 76, 105, 109, 114, 124, 126, 171, 201, 203, 206, 211, 214, 215, 232, 284, 304, 308, 312, 345, 367, 406, 420, 422, 482, 488,
Back Pain -	32	15, 26, 30, 32, 34, 42, 71, 81, 91, 102, 124, 139, 162, 168, 211, 244, 255, 258, 261, 301, 312, 335, 383, 394, 404, 406, 410, 415, 421, 423, 427, 431, 506,
Breathing Problems/ Asthma / Alergy, Caugh/Cold	21	19, 28, 92, 101, 102, 127, 133, 143, 167, 232, 244, 292, 340, 361, 408, 429, 442, 443, 461, 502, 506,
Depression, Techniques for Preventing	8	9, 64, 105, 114, 139, 203, 284, 439,
Diabetes / Medical issues	3	137, 144, 373,
Digestive / Abdominal Dissorders / IBS/Gastric	9	20, 29, 100, 201, 211, 239, 331, 423, 483,
Eye Dissorders	4	127, 244, 383, 506,
Giddiness / Vertigo, Relief from	4	73, 115, 226, 237,
Heart, / Cardiac Toning / BP	6	101, 105, 114, 139, 211, 388
Immunity improvement	4	133, 134, 160, 239,
Joint Strengthening	5	100, 201, 237, 406, 417,
Neck Shoulder / Leg / Knee Pain	11	14, 30, 32, 39, 99, 102, 114, 237, 266, 301, 506,
Migraine, Stress Headache	9	199, 201, 227, 241, 310, 370, 406, 429, 506
Sleep Dissorders	13	99, 203, 212, 226, 227, 228, 357, 380, 384, 388, 406, 429, 435,
Thyroid, PCOD, Periods Problems	13	105, 114, 127, 139, 160, 186, 201, 315, 373, 406, 421, 431, 461,
Stress / Tension Reduction, Mgmt.	81	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, 301, 302, 312, 313, 314, 335, 345, 346, 352, 354, 355, 356, 358, 367, 388, 402, 415, 416, 424, 426, 436, 461, 466, 467, 473, 479, 481, 482, 486, 488, 497, 506,
Sinusitis,	4	101, 151, 406, 429,
De-Toxification / Toning	4	102, 134, 148, 210
Tummy/Waiste Reduction	4	1, 152, 312, 460,
Weight Control / Reduction / Obesity	62	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, 321, 335, 340, 346, 358, 380, 383, 388, 402, 408, 421, 431, 449, 459, 461, 486, 506,

All Positive Comments		
SUMMARY OF STUDENTS' BENEFITS (2010 to December 2018)		
(GROWTH & IMPROVEMENTS GAINED, TECHNIQUES LEARNED)		
AREAS	No. of Feedbacks (All Positive)	All Positive Reviews (Comment Nos.)
Achieve Aspirations / Goals - Guidance for...	6	133, 167, 173, 242, 399, 474,
Anger Mgmt. / Parenting	20	48, 82, 87, 100, 124, 133 (Parenting), 185, 211, 237, 256, 260, 284, 346, 352, 367, 376, 410, 424, 418, 441,
Self-Confidence / Courage / Will Power	22	30, 32, 36, 37, 44, 64, 138, 151, 161, 183, 185, 186, 191, 209, 222, 223, 235, 249, 266, 341, 370, 493,
Concentration, Focus	63	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, 305, 311, 312, 333, 335, 354, 355, 370, 373, 376, 383, 406, 416, 422, 423, 486, 492, 496,
Diet & Food Habits - Control	3	18, 147, 204,
Emotional Maturity, Spiritual Education	38	66, 109, 131, 233, 244, 268, 271, 291, 292, 293, 294, 296, 301, 304, 313, 317, 328, 348, 356, 363, 400, 416, 422, 426, 430, 438, 439, 441, 449, 458, 472, 483, 487, 493, 494, 503, 504, 505, 506, 21, 41, 44, 54, 111, 134, 143, 173, 236A, 109, 271, 283, 297, 313, 314, 349, 358, 375, 390, 391, 396, 407, 410, 411, 422, 425, 429, 470, 475, 495, 507,
Energy increase, Keeping Active	30	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, 285, 299, 301, 305, 370, 391, 396, 411, 433, 483,
Flexibility	35	
General Physical & Mental Health / Fitness		Most of the Reviews
Hair Growth / Clear Skin	5	21, 52, 102, 180, 183,
Laziness Removed, Keep Active / Alert	12	2, 43, 53, 67, 68, 69, 81, 115, 122, 236, 300, 340
Lifestyle - - Disciplins & Values, / Transformation / Inspiration	121	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, 288, 291, 292, 301, 306, 311, 312, 313, 314, 317, 319, 323, 327, 328, 331, 339, 342, 364, 395, 402, 405, 406, 408, 410, 411, 412, 413, 415, 416, 418, 419, 420, 421, 422, 423, 424, 429, 430, 435, 438, 441, 448, 449, 450, 451, 452, 453, 457, 458, 460, 462, 464, 465, 466, 467, 468, 470, 471, 472, 473, 478, 479, 480, 481, 482, 483, 487, 489, 490, 491, 493, 497, 500, 501, 502, 503, 504, 506, 507, 508,

Happy, Enjoy, Calmness, Peaceful, Cherished	48	8, 21, 24, 54, 66, 161, 200, 202A, 207, 208, 215, 222, 223, 224, 236A, 239, 243, 249, 251, 257, 284, 292, 293, 302, 303, 335, 336, 398, 405, 407, 408, 410, 414, 423, 430, 436, 460, 462, 463, 468, 472, 475, 481, 483, 491, 501, 502, 507,
Memory Improvement	22	3, 16, 36, 74, 75, 85, 98, 124, 151, 174, 187, 211, 214A, 215, 241, 246, 301, 336, 339, 367, 373, 400, 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, 293, 301, 305, 312, 313, 345, 346, 352, 357, 382, 415, 433, 438, 439, 447, 454, 459, 462, 479, 481, 482, 484, 487, 491, 493, 494, 500, 502, 503, 505, 506, 507, 508
Mind Mgmt. Techniques (Prathyahara)	61	
Unhealthy Habits - to stop	2	54, 87,
Mental Peace, / Mental Strength	11	110, 152, 155, 203, 292, 321, 360, 387, 489, 497, 498,
Physical Stamina / Strength	20	7, 8, 57, 84, 108, 109, 150, 171, 208, 212, 221, 223, 282, 288, 315, 366, 383, 462, 476, 506,
Positivity / motivation	63	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, 285, 288, 295, 306, 314, 326, 335, 339, 344, 364, 365, 367, 378, 382,, 404, 411, 414, 428, 430, 439, 457, 460, 462, 465, 480, 484, 490, 491, 492, 495, 498, 500, 501, 505, ,
Professional Life,Productivity / Decision making/ Work Quality Improvement	32	4, 42, 109, 140, 167, 220, 228, 232, 238, 242, 244, 255, 259, 260, 270, 309, 334, 357, 359, 361, 392, 393, 397, 429, 462, 464, 470, 478, 479, 482, 484, 490,
Refreshing	16	7, 8, 21, 24, 65, 109, 115, 134, 148, 213, 221, 286, 300, 301, 349, 384, 495,
Rejuvenating	8	44, 54, 148, 161, 236, 269, 410, 422,
Work quality - improvement	2	124, 171,
All Positive Comments		

SUMMARY OF STUDENTS' BENEFITS (2010 to December 2018)

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

AREAS	No. of Feedbacks (All Positive)	All Positive Reviews (Comment Nos.)
Good Ambience / Facilities in the Center	27	54, 70, 85, 93, 105, 134, 140, 169, 202, 213, 217, 220, 221, 225, 227, 230, 236, 239, 241, 278, 292, 294, 328, 330, 449, 462, 473,
Suitable for Beginners also	38	96, 125, 142, 150, 159, 211, 304, 320, 324, 326, 339, 344, 369, 372, 373, 373, 379, 382, 406, 408, 410, 412, 413, 414, 421, 424, 431, 435, 453, 455, 458, 460, 461, 463, 467, 491, 494, 497, 503, 505,
Course Structure/ Planning / Organising	57	8, 31, 44, 58, 90, 101, 107, 109, 123, 134, 138, 139, 149, 156, 169, 178, 193, 197, 206, 207, 210, 211, 214, 220, 224, 230, 231, 232, 263, 264, 282, 291, 316, 317, 328, 340, 341, 346, 352, 355, 367, 369, 380, 383, 387, 388, 400, 401, 409, 410, 428, 482, 485, 495, 503,

Enjoyable, Interesting, Homely / Friendly and Positive environment	38	10, 11, 12, 19, 30, 31, 32, 39, 72, 96, 104, 106, 107, 128, 129, 213, 281, 289, 303, 314, 336, 337, 338, 368, 375, 377, 410, 417, 420, 425, 428, 435, 471, 483, 487, 504, 508,
Foreign Students - from USA & Germany	4	95, 96, 112, 115
Holistic / for Body, Mind & Soul	20	59, 113, 141, 159, 197, 278, 283, 316, 319, 325, 343, 353, 403, 436, 460, 468, 476, 480, 482, 494,
Individual Attention		Most of the Reviews
Herbal Juice - Natural, Healthy, Refreshing,	82	191, 194, 212, 228, 233, 236, 237, 238, 246, 250, 257, 264, 268, 270, 273, 278, 279, 281, 283, 288, 291, 292, 293, 294, 301, 313, 319, 320, 322, 332, 333, 334, 335, 336, 337, 340, 343, 344, 350, 358, 359, 361, 362, 369, 373, 381, 382, 385, 388, 389, 390, 404, 405, 409, 416, 418, 419, 420, 422, 424, 425, 430, 436, 445, 452, 455, 456, 457, 462, 466, 467, 473, 482, 487, 491, 495, 501, 503, 505, 506, 508.
Non-commercial, Service/Contribution to Society	27	40, 63, 64, 65, 218, 229, 233, 250, 252, 254, 272, 283, 287, 290, 292, 313, 321, 361, 362, 382, 410, 425, 435, 451, 462, 478, 489,
Overall Recommendation		Almost all the Reviews
Pressure Points / Reflexology, Mudra Technique	22	105, 109, 172, 201, 270, 273, 291, 294, 304, 339, 345, 356, 371, 373, 380, 381, 399, 400, 416, 430, 462, 505,
Quality of Teaching		Most of the Reviews - All Positives
Good & Useful Yoga Course / Covers all Aspects of Yoga	15	100, 114, 142, 154, 155, 280, 283, 291, 298, 301, 329, 340, 347, 352, 362,
Video + Audio Displays	9	54, 96, 162, 247, 248, 313, 385, 388, 490, 506,
Yoga Benefits to Husband & Wife,	25	19, 23, 30, 76, 79, 90, 109, 123, 125, 126, 133, 137, 156, 157, 160, 301, 316, 351, 356, 369, 405, 410, 446, 462,
All Positive Comments		