Yoga the new prescription

By Our Staff Reporter

NEW DELHI, JUNE 10. Having given the physicians a dose of their special chill-pill, master and founder of the Isha Foundation, Sadguru Jaggi Vasudev, is now hoping to work some magic on patients at Sir Ganga Ram Hospital.

Isha Foundation had previously conducted an eight-day intensive workshop at Sir Ganga Ram Hospital from April 14 to 21 enrolling several doctors and staff in the programme. And doctors had then claimed to have benefited from the same.

Speaking about their experiences at a press conference here today, the healers claimed that those suffering from asthma were now breathing easier, while improvement was also noticed among those who had other complaints including diabetes, migraines, aches, joint pains and stiffness. Also, the doctors claimed that they felt much calmer.

"The initial evaluation of the results have impressed us very much. We have also looked at the other studies conducted at All India Institute of Medical Sciences, evaluated yoga and meditation systems including Art of Living which have given beneficial results. So we thought that the same should be made available to the patients, when we noticed the benefits among the physicians," said the Chairman of Sir Ganga Ram Hospital, S.K. Sama.