

**48 Days Online  
Rational Yogic Diet Therapy Course**



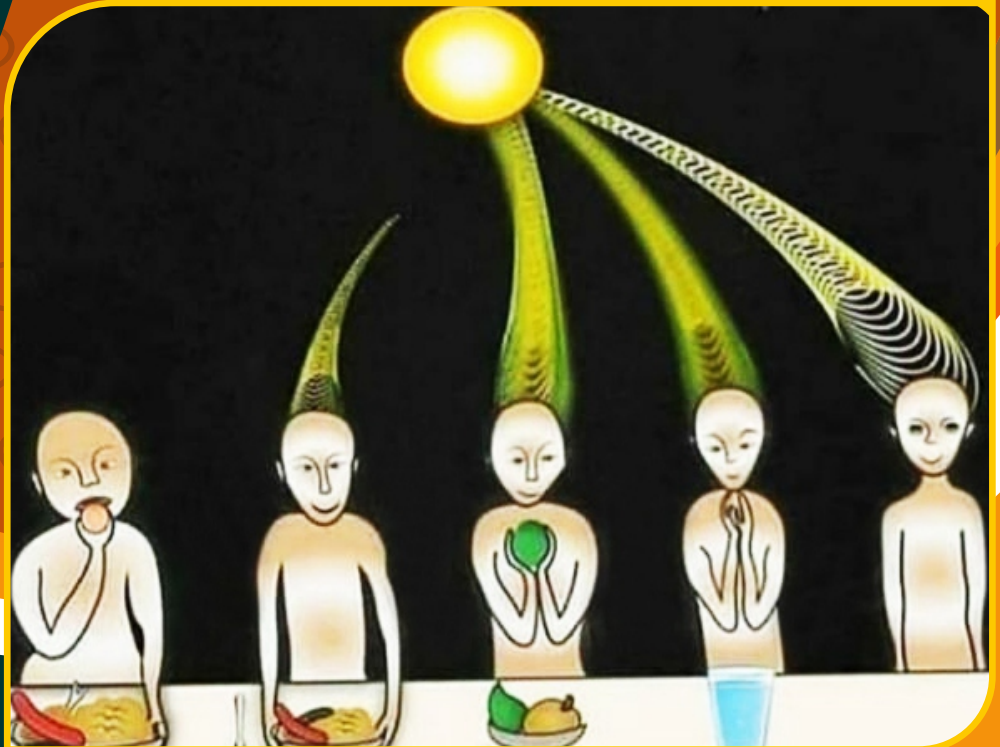
**Sri Sai Yogalaya Yoga &  
Naturopathy**



# **Rational Yogic Diet Therapy Course**

*(Body-Mind-Life Education-Art of living without food)*

**By Dr. Ramesh Rangarajan**



**CHINCHWAD, PUNE - 411 033, MAHARASTRA.  
SURANDAI, TENKASI - 627 859, TAMILNADU**

**90281 10360 786 88 99 078 786 80 80 393**

## RATIONAL YOGIC DIET THERAPY COURSE

Warm welcome to all the team members in the Group to Rational Yogic Diet Therapy Course. Let's discuss what this diet is. In this earth there are 84 lakh living organisms. Out of those if there is one that has the sixth sense, the sense of reasoning, that is only humans. After a lot of evolution, humans were created.

### **Let me quote a Tamil poet:**

*To be born a human is most venerable; even more revered is to be born as a human without a hump on the back, blindness, deafness or sickness. Also rare is to have the free will to seek knowledge, to learn and to have the ability to do charity/help others.*

-Avvaiyar, Tamil Poet



Such human race is now tangled in diseases being affected physically, mentally, financially. They are spending all their life savings for medicals bills and live without peace. They are in search of peace at corporate spiritual places. This is funny and sad at the same time. I remember this proverb "searching for ghee, when you have butter in your hand".

We lose our health in our own kitchen and keep seeking it outside. If we change our diet, lifestyle, and physical exercise routines, then we will get rid of all diseases. This course will teach you exactly that. Many of you may have joined this course for weight loss, but at the end of this 48-day course, you will not only lose weight, but you will get rid of toxins in your mind and body and be healthy physically and mentally for sure.

In siddha medicine they have mentioned the number of diseases humans have. That number is 4448. There is another proverb I want to quote "Medicine and feast are for 3 days". If you go to someone's house as a guest, they will treat you well for 3 days and after that you will lose respect. After 3 days you will only get the simple meals that they eat, no more feasts.

Same way, for any disease, in Siddha medicine and Ayurveda medicine they will give medicines for 3 days or 48 days (known as mandalam). But is that how it is these days? From diabetes to cancer, when you go for treatment of one disease you get another disease, and you must continue the medication for your lifetime. That is because of the side effects of the medicine we take these days. That is because of the ignorance we have.



The industry is earning using our ignorance. The point here is, if we take care of our diet and lifestyle, then we will not get any diseases and we can treat any disease you already have. There is no disease that cannot be cured. Additionally, we can overcome pain and agony and lead a happy and healthy life mentally and physically.

On the internet, TV, and newspapers, there are a lot of ads for physical health. Only if you go regularly, you may lose weight, but once you stop you will go back to where you started. But that is how our program works. In our program, do you have to reduce your intake, NO. Do you need to take any chemical medicine or powders, NO. Do you need to buy any physical exercise equipment, NO. Do you need to do difficult physical exercises, NO. Without doing all these, you will lose weight. Not only that, using this diet you can cure any disease from diabetes to cancer. Generally, when you eat less you will be tired, but with this diet you will not be tired. I don't reduce your food, but you will lose weight and get healthy.



This course will be held entirely online these 48 days and the batch mates in this course have lost a minimum of 10 kgs and a maximum of 27 kgs of weight. But it all depends on how much you get involved, participate and perform in this course. If you do it half-heartedly your result will be based on that. Since this course is online, anyone in any part of the world can do it. This will not affect your daily activities. Starting from workers doing loading/unloading work to housewives to others in any profession can do this. You may wonder if you must eat only raw vegetables or only fruits, or reduce oil, or reduce spices or masala, there is nothing like that. You can eat tasty food according to your taste.

At the same time, you can also reduce weight and treat diseases by doing this diet. Particularly in this course, to reduce weight, to treat diseases, to lead pain free life, the important thing is to train you to change your mind set. The course provides the mindset needed. The highlight of this course is even if you go off track, it will provide the mindset to bring you back.





I did not design this course by reading a book or watching something on the internet. It is fully based on my 7-year research and experience. 100s of people have done this course with me, from different Indian states like, Haryana, Karnataka, Telangana, Andhra, Tamil Nadu, Maharashtra, Delhi, Punjab, West Bengal, and countries like, America, Canada, England, Sweden, Malaysia, Singapore, Sri Lanka, Dubai, etc. They all have benefited from it. I named this treatment course as "the last treatment of the world".



Anyone in the medical field, please don't mind me saying this but if you take any medical treatment, allopathy, ayurvedic, siddha, herbal or any kind of medical practice there are side effects.

There is no guarantee that the disease will not come back because after taking the medicine and taking the treatment. If you eat junk foods, like samosa, bonda, bajji etc. the disease will come back. The problem is with the food we eat. The food that we eat turns into toxin is what research says. But how to eliminate the toxins from the body is a question no one has answers to.



AYURVEDIC



HOMEOPATHIC



ALLOPATHIC

There are lots of detoxes like fruit detox, vegetable detox, green detox, or fasting detox, etc. but there is no one to guide properly on how to do detox. This course does this. It provides you with a guide to what to do. These days in order to reduce weight a lot of people go to gym; they take different chemically produced powders.

But when they come out of the training, they will gain everything back. This is all because of the mindset.



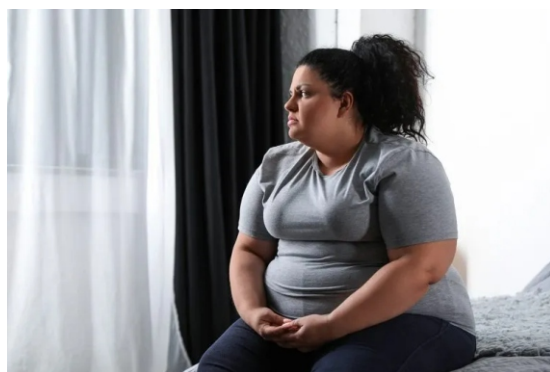


When we see some hot and tasty bonda, bajji we think its ok to eat just for one day that is because of my mindset. If we change it, our body will change. When we get up in the morning, we feel aches and pains in our body. It will take almost 30 minutes to overcome this. This pain is going to change into diseases and the disease will then later change into death in pain. Everybody must die one day, but we all want to die pain free. We should live and die pain free when we want to. For this we need to get ourselves to hunger free state. That doesn't mean we should live without food or reduce food.

When you go to places to reduce weight, in the name of diet, they will ask you to eat 2 idlis in place of 4 that you are eating already. But that is not how my course works. I will not ask you to reduce food, but I will tell you how to eat, how to change your lifestyle, what types of food to eat, which food cleans your internal organs and blood, which food eliminates toxins from your internal organs and blood. By doing this you will not have fatigue in your day-to-day activities, you will be able to lead your day-to-day life actively. You will be continuing your day-to-day activities and lose weight at the same time. You will still be full of energy and be strong. You will be slowly curing your diseases and completely get well.



They will not come back. 90% there is no chance of going back to the lifestyle. But there is a 10% chance because of what other people around you may tell you, they may say things like, you looked fine before losing weight, why did you lose so much weight – are you sick? they may say that you were cute when you were chubby etc. They may think that being chubby is healthy, but it is not.



Overweight and obese people will be carrying unnecessary toxins in their body. When the toxins come from the body, the body becomes thin and becomes active, energetic and rejuvenated. Your mind and heart will be at peace. You may change due to the influence of people around you, but not by yourself.

These days in the name of training people just give you a book and ask you to figure it out yourself and follow it, but in our rational yogic diet I will teach you exactly what to do and you will see changes physically and mentally for 48 days.

This is fully based on my experience. After going through this course and experiencing the physical and mental changes you will not go back to your old lifestyle. First, we change our mindset, then the changes in food happen, then the changes happen physically. Then your life becomes pain and disease free. You will learn how to eat, how not to eat, how to control hunger, how to fast etc. in a systematic way. The day before I will tell you what the diet is going to be for the following day. You just need to follow it, post pictures of what you eat and send your weight weekly. That's all there is. We track your food and weight. Don't use this group to forward any messages that you find on social media.



Please use it only for the course-related details. Unlike others that only preach things but really follow them, I am only teaching things that I personally strictly follow. I am not blaming anyone, just saying that they should also follow what they teach. Even if you try to go back to the old lifestyle of junk food and mindless eating, I am confident that this training will bring you back on track. In

this training, please follow what we advise.

Please eat and drink what we tell you to. Drink what we tell you instead of tea and coffee, eat what we tell you instead of rice and wheat, you can drink milk, but I will tell you which milk. You won't be without food or reduce food. If you reduce food, you will be tired, if you are tired you will not be able to do your day-to-day activities. Therefore, this training will not reduce food, so that you will carry on with your day-to-day activities and live your life to be pain and disease free. There are absolutely no side effects to this training, and you will realize this in 48 days.



I can say 100% when you realize the effects of this training mentally and physically you will not be going to any doctors or hospitals. People spend about Rs.2000 per month for medical expenses. That is about Rs. 24,000 per year and that multiplies for several years. Considering the benefits of this course, the fee you pay is very reasonable. The benefits you realize physically and mentally will be exponential.



You will learn a lot of things and take an abundance of knowledge that will last for a lifetime. This is priceless. If you follow my instructions and do everything and if you still don't see any result, then I will refund you. But you need to make sure



you follow everything I tell you and answer my questions. Because I strongly believe in this course, I won't easily refund you. If you are still not satisfied, then I will refund your course fee

Please let me know if you have any questions

### **For Appointments & Enquiry**

(Morning 10.00 AM to Evening 6.00 PM)

Contact: 90281 10360 (Whatsapp) 786 88 99 078, 786 80 80 394

For Training Registration : 9028110360 (Whatsapp)





- What tells if the sugar level is high in the body? **Blood**
- What tells if the sugar level is low in the body? **Blood**
- What tells if fat is high in the body? **Blood**
- What tells if fat is low in the body? **Blood**
- What tells if salt content is high in the body? **Blood**
- What tells if salt content is low in the body? **Blood**
- What tells if the body contains more nutrients like A, B, C, D, E, K? **Blood**
- What tells if the body is deficient of nutrients like A, B, C, D, E, K? **Blood**
- What tells if the body has skin disease ? **Blood**
- What caused the stones in the kidney, gall bladder, brain, gestational sac, breasts in the body ?
- The food that we eat
- Then, what is the medicine for that?
- The food that we eat
- 

*If food is the foundation and source of everything that the body needs and reacts to, why do we need synthetic medicines?*

The practice called Rational Yogic Diet Therapy will educate on diet and a proper live style

To Eliminate the waste accumulated in the internal organs and blood

- To Reduce excess body weight
- To Live to live a healthy life without any disease

***JOIN THE TRAINING AND GAIN THE BENEFIT.***

# Our Body is The Temple

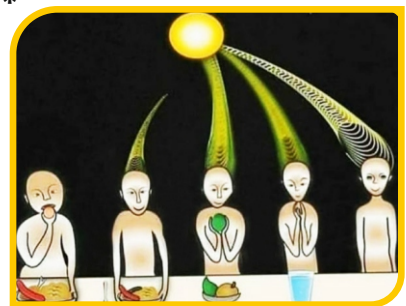
My yogic diet practices are aimed to make people to understand this.

Any disease is an accumulation of waste. Removal of a waste is way to relieve from diseases.

By changing our daily eating habits and a lifestyle a bit , we can reduce body weight and the impact of chronic ailments and get rid of medicines.

In 48 days, you can reduce upto\*10,15,20,25 Kg weight\* by eliminating waste the body through healthy food.

- No side effect
- No hardened exercises
- No interruption to you daily routine
- No drugs / Medicines / Supplements
- 100% Result naturally



## Benefits of this training

- Daily counseling in the group.
- Daily diet instructions and general health tips will be shared in the group.
- Body will excrete wastes from blood and cells and revitalizes 12 important organs.
- Due to which, the body weight will automatically reduce according to the height.
- Feeling so active even after working throughout the day.
- Your mind and thoughts will be clear. When the mind is clear , your self-confidence will increase, and you succeed in every action that you do.
- Body and face become radiant.
- Sleeping disorders will be cured.
- Women menstrual and hormonal disorders will be cured
- Body will start inheriting more energy from the universe, leading to many positive changes in the body and mind.
- Chronic ailments can also be cured, and the changes can be felt in body and mind

Participate in these 48 days training and get more benefits.

- Chronic diseases cannot be cured with so called modern / English medicines. They can only suppress the symptoms for a while.
- Diseases are formed as an accumulation of waste due to unhealthy food habits.
- To cure them, we consume lot of medicines for years continuously and accumulate more wastes in the body. It leads the healthy body to destruction.
- Medicines are meant to heal diseases. But in today's situation, the diseases get worsened.
- There is no specific medicine for each disease. But there are several factors behind each medicine to spread a disease.
- 20 Years Ago , there were not so many diseases and hospitals. But why are there more hospitals and more diseases today? Please think.
- Hospitals and diseases are increasing. Diseases should be cured by medicines, not multiplied.
- Here, medicine and pills do not cure diseases. Instead, they grow and induce side effects.
- All kinds of diseases that are present today are all due to our improper lifestyle and food habits. Without fixing this important thing, even if go to a great doctor and get world' best medicines , the disease cannot be cured permanently. It will reoccur. We need to consume medicines until death.
- We do not provide medicines, drugs, supplements, injection, surgery, or gym routines.
- We can cure any disease in any stage just with food that you cook at home every day.
- If you are seeking a temporary solution , you need not to contact me. you may contact me only if you are seeking for a permanent solution without medicines.
- If you really care about your health and ready to change the lifestyle , you may contact me. Otherwise, you please do not contact me to waste my time and your time as well.



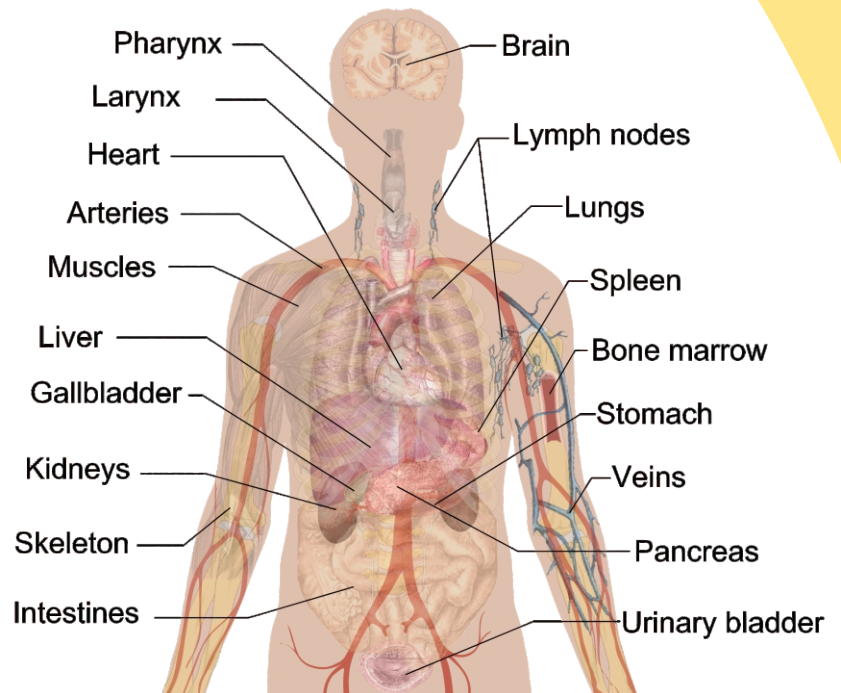


# Human body is so Amazing !!!

This body is created just from a man's sperm and a woman's egg and produces hundreds of millions of cells from within.

- Eye
- Ear
- Nose
- Tongue (to taste the food)
- Tooth. (to chew the food)
- Mouth
- Hair
- Brain (to think)
- Heart
- Lungs
- Muscular system
  - Liver
  - Stomach
  - Kidney
  - Nervous System
  - Digestive tract
  - Excretory system

## Internal organs



Like this, the body has formed such a big factory by itself. When the body has this great potential to create this wonderful body, don't you think,

- It can restore itself to health also?
- If a body knows to create a disease, doesn't it know to cure?
- Doesn't have an energy to heal?

When the body is created based on cosmic power in nature, doesn't it know to cure the same way?

Nature cannot go wrong for sure. Anything which is done against nature will be dangerous to health.

Modern medicines try to cure a disease against nature. How is it possible? Please think about it.

This body holds great power. Created by the grace of God. We are destroying that with poisonous medicines.

- We can cure a disease only if the cause of the disease is known
- Removing a tumor or repairing the blockage are not the cure. We should treat the disease such that it does not reoccur.
- Treatment should lead to a healthy life. It should not lead to life with medicines and diseases throughout life.
- Treatment itself is becoming a cause of a disease these days.
- Where there is a block / tumor / inflammation in the body, Modern medicines suggests surgery. But they occur in the body when a blood or energy circulation is blocked in a particular part.
- So, wastes start accumulating there. These wastes are gradually become a tumor or block the vessels.
- If wastes can be eliminated from body, why do we need to cut the body parts / organs ?
- In the name of bypass surgery, instead of eliminating waste and unblocking the circulation, we are going for surgery to create alternate pathways.
- It is our important responsibility to protect our body from waste accumulation and destruction of energy system.
- Our lifestyle is the prominent reason behind tumors /inflammation/ blockages. It is best to understand that it is always better to have a healthy food habit and lifestyle, instead of struggling after diseases.
- God has given everything in easy ways.
- Just because of our lethargic lifestyle, we destroy the nature of the body and living with diseases.
- That this body is a gift from God, understand it.



- To cure your diseases completely , join in
- Natural and rational yogic diet training and improve your health physically and mentally.
- This training is aimed at teaching methods to stay physically and mentally healthy in natural ways.
- Diseases cannot be cured until Lifestyle and Diet are regulated.
- The disease cannot be cured.

1. Change in lifestyle
2. Change in diet.
3. Exercise (yoga, meditation, Mudras, Pranayama, Kriyas)

People who understand the body and its nature will live a healthy life. And they need not to fear diseases.

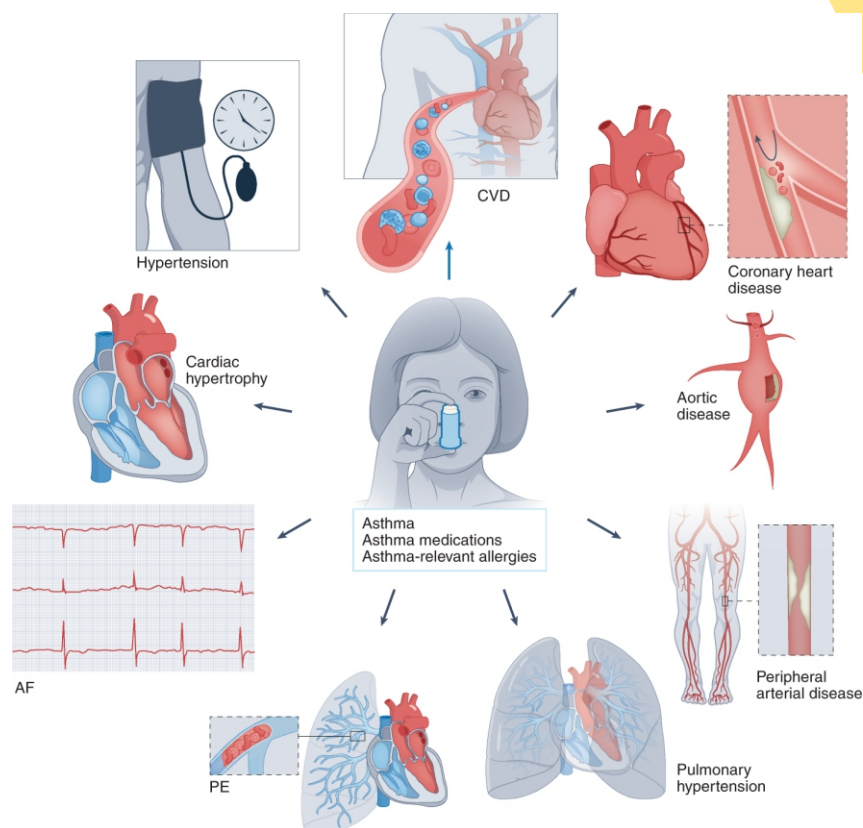
Those who develop diseases in the body with medicines and pills, Keep going.

**Contact to register**  
**9028110360 | Whatsapp**



*Incurable chronic ailments like below can also be cured and changes can be felt in body and mind.*

- Diabetes
- Blood Pressure
- Asthma
- Thyroid
- Arthritis and body aches
- Skin diseases
- Obesity
- Fatty Liver Fat
- Menstrual problems
- Cervical problems.
- Impotence
- Kidney stones and Gallbladder stones
- Snoring and insomnia problem
- Headache
- Fatty tumors
- Varicose vein
- Hormonal disorders



**We request to inform your friends and family members about this precious course to join and get benefitted.**

**For Appointments & Enquiry**

(Morning 10.00 AM to Evening 6.00 PM)

Contact: 90281 10360 (Whatsapp) 786 88 99 078, 786 80 80 394

For Training Registration : 9028110360 (Whatsapp)

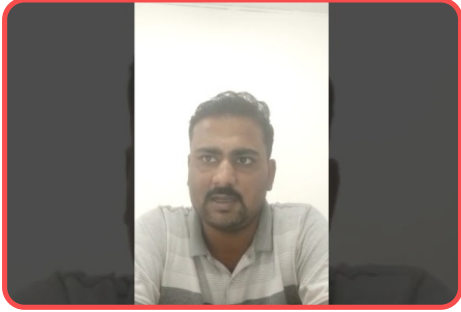
## Group members

**Below the food items must Avoid our Rational Yogic Diet Therapy Course.**  
***Please Read carefully.***

1. Everyone must buy and keep a weight machine. (Digital weight is best)
2. One day a week You must to post your weight when I say.
3. Every day when I say group it is mandatory to post photos related to their daily meal schedule.
4. Do not drink beverages such as Tea ,Coffee, Boost, Horlicks ,Bornvita.
5. Do not use milk and dairy products in their diet (eg yogurt, buttermilk, ghee, butter, cheese, Pannier)
6. Do not eat maida and maida related foods (e.g. all bakery products such as pops, cakes, biscuit samosas, bread)
7. Palm oil and refined oil should not be used in their daily diet.
8. Foods made with white sugar and white sugar should not be eaten. 9. Chinese foods that can be called fast foods Noodles Fried rice Pizza, Burger should not be taken.
9. Rice, wheat , oilseeds, grains, Nuts should not eat.
10. Alcohol smoking should not be a tobacco habit.
11. Non-vegetarian foods like mutton, chicken and eggs should not eat.
12. Iodized salt should not be added to the diet.
13. Do not take food items like 'ice cream' or 'chocolate'.
14. Do not use paste, soap or shampoo.



## Testimonials about Rational Yogic Diet Therapy Course ( Hindi/ English/ Marathi)



Prashant Dhanyakumar Patil , Pune ,  
Maharashtra weight loss 20.1kg\* 48 Day's  
Rational Yogic Diet



Mrs.Vandhana Sharma, USA ( G -23 ) 48 Day's  
Rational Yogic Diet Therapy Course  
Experience



Mr.RAJESH , Chennai ( TN - G 23 - A ) 48  
Day's Rational Diet Experience, 13.5 kg



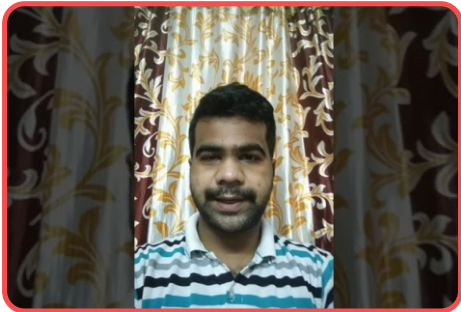
Mr.ShreeLakshmi Rajendran ( G -22-A ) ,  
Chennai , 48 Day's Rational Yogic Diet Therapy  
Experience



Mr.Arunkumar ( Chennai) RYDT Reduced 14kg  
, Lifestyle changes, Moodswing, Stress  
positive energy



Mr.Krishnaraj ( Chennai) IT Engineer 40 Kg  
Reduced in 100 Days Rational Yogic Diet



Mr.Abhijeet Kulkarni, Aurangabad 27 kg  
Reduced- Hindi)



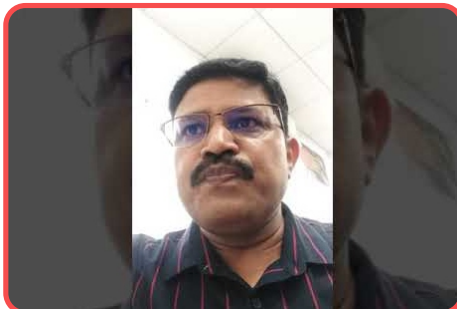
Mr.Venkatesh ( Postel Department, Mysore,  
Karnataka) Reduced 15.6 kg Weight Blood  
sugar 350 to 101



Mrs.Prathibha ( Mysore) Rational Yogic Diet  
Therapy Course Experience Hindi



Mr.Raguraman ( Trichy , KRP GROUPS, M.D )  
15.2 KG Weight Reduced After 25 Years Dream  
Full Filled



Mr.Debashish Satpathy, ( Pune - ) 100%  
Stopped medicine Asthma, Gastric, BP,Blood  
Sugar /RYDT HINDI

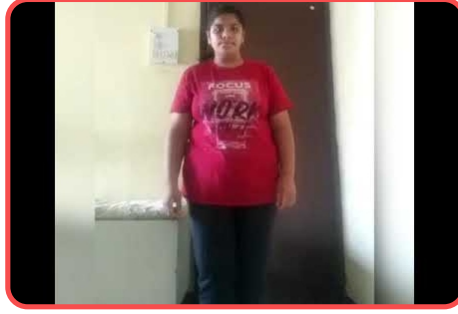


Dr. Mrunal Patkar ( Amravati - Maharashtra)  
Yogic Diet Hypothyroid , Blood sugar Level  
Normal Hind





**Mr.Krishnaraj ( Chennai) 48 Day's Rational Yogic Diet Therapy Reduced 25 KG (Hindi)**



**Mrs.Vandhana Sharma, USA ( G -23 ) 48 Day's Rational Yogic Diet Therapy Course Experience**



**Mrs.Pramila Bhoir ( Chinchwad - Pune ) Rational Yogic Diet & Yoga Experience 15 Kg**



**Mr.Dinesh Sopan Shedge ( Chinchwad, Pune ) Reduced 14kg in 48 Day's Rational Yogic Diet Therapy**



**Mr.Sanjay Khumbar ( Kalewadi ,Pune , Maharashtra ) Reduced 10 kg in 48 Day's Rational Yogic Diet**

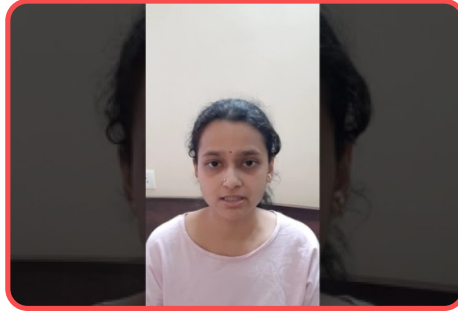


**Mrs.Leena Jhon ( Gujarat) 26 Kg Weight loss and PCOD ,PCOS,FATTY LIVER, IRREGULAR Periods all Cured.**

### **Kanndam Laungage Testimonials**



**Mr.Venketesh ( Postal Department) Mysore. 48 Rational Yogic Diet Therapy Experience ( Kanadam)**



**Mrs.Prathibha (Mysore) 48 Rational Yogic Diet Therapy Course Experience ( Kanadam Language)**



**Mrs.Aasha ( Mysore) 17 Kg Weight Reduced 48 Day's Rational Yogic Diet ( Kannadam )**

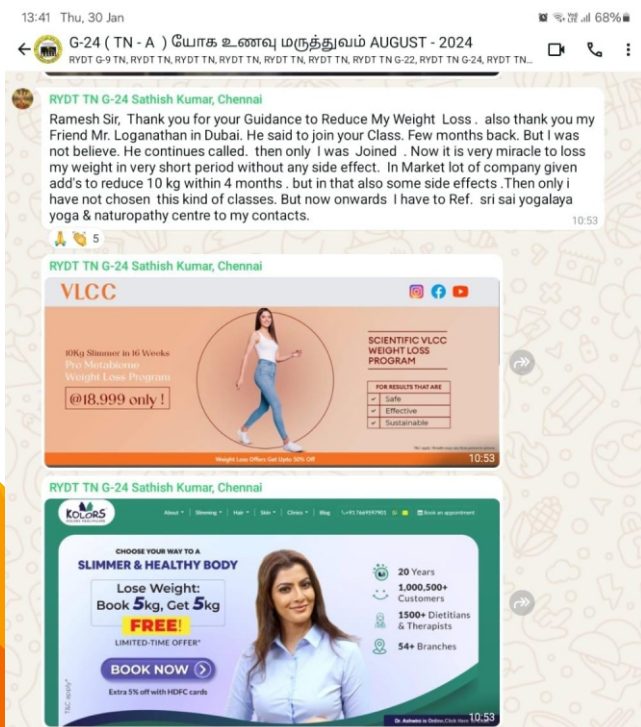
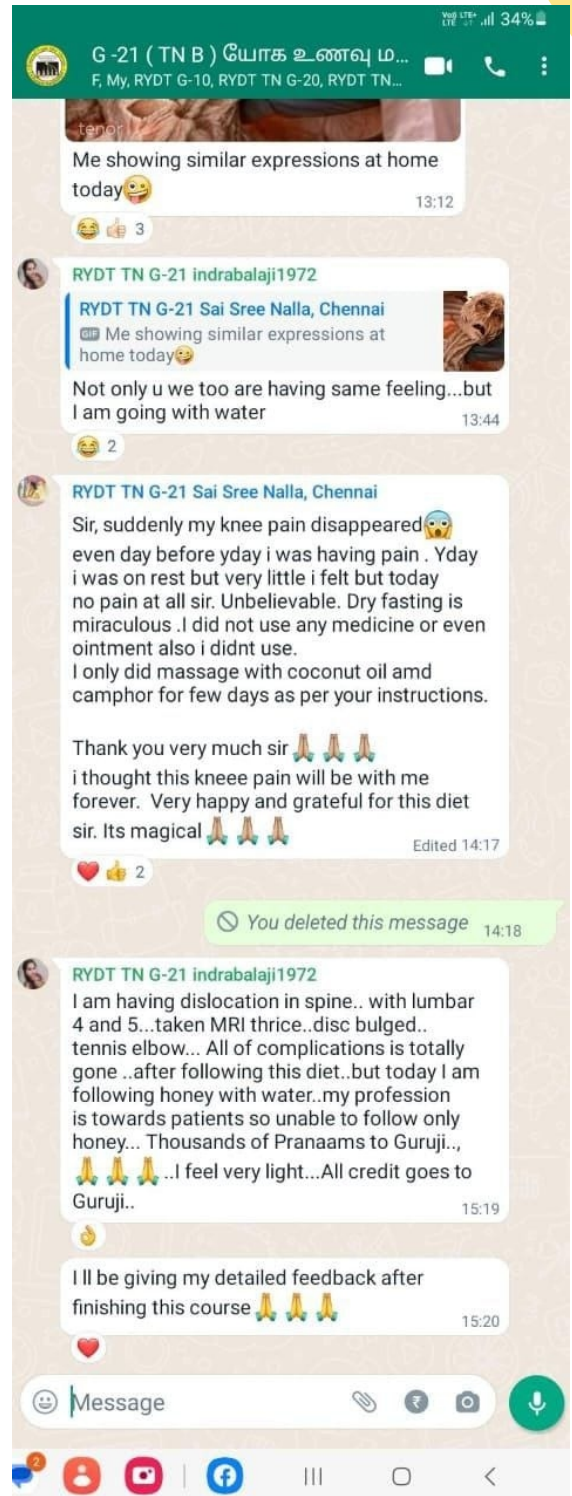


**Mr.Sandeep Kamath ( Mysore - Kanndam) 14 kg weight Reduced sugar level came to normal**

**Click here for more Testimonials**



# WhatsApp posts of people who have benefited from practicing Rational Yogic Diet Therapy





# WhatsApp posts of people who have benefited from practicing Rational Yogic Diet Therapy

20:25 Thu, 30 Jan

66%



G-20 ( TN A ) யோக உணவு மருத்துவம்/ நவம்பர் 2023

Kavitha, RYDT TN, RYDT TN, RYDT TN, RYDT TN, RYDT TN G-20, RYDT TN G-20 Dr. V., RYDT TN G-20 G. B..

Im preetha Mahesh Aged 48 I live in Chennai, run a palliative to care Center. Since I'm in menopause cycle with too much of mood swings and gained too much weight I was completely in worse stages .. inthis stage my friend Gautham introduced this Beautiful life changing Yoga and Naturopathy a 53-day program led by Dr. Ramesh Rangarajan which resulted in a weight loss of 14 kilograms. The program provided me with a structured plan that greatly influenced my overall well-being and confidence in my daily life.

Under the guidance of our guru Dr. Ramesh, the naturopathy program focused on natural healing methods to improve my health and weight management. The program included various holistic approaches, such as dietary adjustments, physical activities, relaxation techniques, and natural remedies.

One of the highlights of the program was the personalized diet plan. Dr. Ramesh carefully analyzed my dietary habits and crafted to our needs. The diet plan consisted of wholesome and nutritious foods, including fruits, dry fruits vegetables, juices & water therapy. . It also emphasized reducing the consumption of processed foods, sugars, and unhealthy fats. Following this diet plan not only supported my weight loss goals but also helped me to adopt healthier eating habits.

Additionally, the naturopathy program incorporated physical activities to enhance overall fitness and promote weight loss. Regular exercise sessions, such as yoga and meditation, played a significant role in improving my stamina, flexibility, and mental well-being. These activities not only aided in shedding excess weight but also provided a sense of relaxation and mindfulness.

These included herbal supplements, detoxification treatments, and wellness practices.

As a result of the 53-day program, I successfully lost 14 kilograms, which greatly boosted my self-confidence and improved my overall sense of well-being. Dr's expertise and guidance throughout the program were instrumental in achieving these transformative results... ultimately generating a newfound confidence in various aspects of my life.

19:56



12:34 Fri, 31 Jan

61%

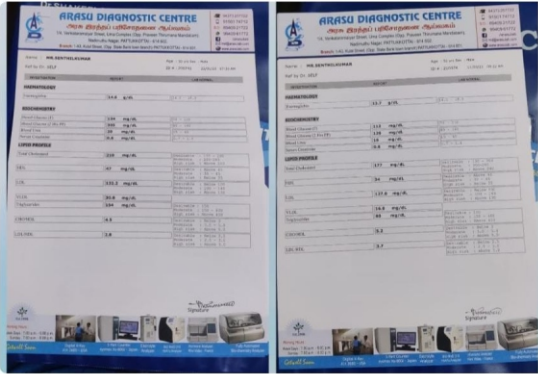


G-15 யோக உணவு மருத்துவம்

only admins can send messages



RYDT TN G-15 Senthil Kumar, Thanjavur



G-15 பேஜ் ஆரம்பமாகும் போது நான் இரத்த பரிசோதனை செய்தேன். அதுவரை நான் சுகர் மற்றும் கொலஸ்ட்ரால் பிரசர் மாத்திரைகள் எடுத்து கொண்டு இருந்தேன். அந்த நிலையில் எடுத்த பரிசோதனை முடிவுகள் தான் 22-1-23 அன்று எடுத்தது. அதன் பிறகு பயிற்சி ஆரம்பித்த உடன் ஆசிரியர் அவர்கள் அறிவுரைபடி நான் எந்த மாத்திரையும் எடுக்கவில்லை. அவர் வழிகாட்டுதல் பேரில் உணவு முறை எடுத்து, 11-3-23 அன்று பயிற்சியின் 48வது நான் மறு டெஸ்ட் எடுத்தேன். முன் டெஸ்டில் மாத்திரை சாப்பிட்டும் நார்மல் லெவலை விட அதிகமாக இருந்த சுகரும் கொலஸ்ட்ராலும் பயிற்சிக்கு பின் மாத்திரை எடுக்காமல் மிக நார்மலாக இருந்தது மிகக் மகிழ்ச்சி தரும் விசயமாக இருந்தது.

21:57

👍👍👍 4

12:48 Mon, 14 Oct

50%



G-25 ( TN - A ) யோக உணவு மருத்துவம் September - 2024

My, RYDT TN, RYDT TN, RYDT TN, RYDT TN G-21 SAI SREENALLA, RYDT TN G-25, RYDT TN G-25, RYDT...



Meena Jayanthi

11:47



RYDT TN G-22 Mohanasundari



You



Voice message (0:32)

வணக்கம் சார். நான் 22, 23 பயிற்சி ஜாயின் பண்ணேன் சார். starting weight 131 kg. இரண்டு முறை பயிற்சி முடிந்த பிறகு கம்மி பண்ணை வெயிட் 17 kg சார். நான் உங்களை பயிற்சியில் ஜாயின் பண்ணுக்கு முன்னாடி எனக்கு நிறைய பிரச்சனைகள் இருந்தது பிரியட்ஸ் ப்ராப்ளம், ரெண்டு நிமிஷம் நிக்க முடியாது, நடக்க ரொம்ப கஷ்டப்படுவேன், நிறைய உடல் முழுக்க கட்டிகள் வரும், நைட்டு தூக்கம் வராது, யூரின் இன்பெக்சன் இருந்தது. ஆனால் பயிற்சிக்குப் பிறகு எனக்கு பிரச்சனைகள் எதுவும் இல்லை நான் எந்தப் பிரச்சனையும் இல்லாமல் இப்போ நல்லா இருக்கேன் சார். இரண்டு தடவை கம்மி பண்ணை மாதிரி இந்த தடவை கம்மி ஆகவில்லை சார்.

11:52

20:37 Thu, 30 Jan

69%



G-20 ( TN A ) யோக உணவு மருத்துவம்/ நவம்பர் 2023

Kavitha, RYDT TN, RYDT TN, RYDT TN, RYDT TN, RYDT TN G-20, RYDT TN G-20 Dr. V., RYDT TN G-20 G. B..



RYDT TN G-20 Preetha Mahesh, Chennai

எங்கள் அன்புள்ள குருவுக்கு ஆயிரம் கோடி நன்றி. என்னை மீண்டும் 25 வயதிர்க்குரிய மன உருதியும் 70 வயதிர்க்குரிய மனப்பக்குவமும் இந்த 48 நான் பயிற்சி அளித்து என்னை பக்குவப்படுத்தியதற்கு..

22:09

I will 100% write Google review and send vedio sir.. not just for getting concession.. For teaching us this great mind control sessions.. I'm great ful to you sir

22:11

**Tamil Review**    
**English Review**  

[Click here for more Testimonials](#)



# People who have Benefited from Rational Yoga Diet Google Review

 Padmini Sundaresan  
1 review

★★★★★ 3 months ago

Hi I am Padmini Sundaresan from Chennai. I joined பகுத்தறிவு யோகா உணவு முறை பயிற்சி in batch RYDT-G 23 TN - C. I reduced my weight by 11.8 kg. Thanks to Mr Ramesh Rangarajan for helping me to attain this. I tried one. No side effects. Thank you so much for helping. Really a superb method to reduce the weight without any side effects. It's a planned and perfect programme. Each day diet programme was planned perfectly. That covers all the ancient good practices that we forget in these days. Sir was taking care on all the members with a one to one contact method. He observes our diet and suggest modifications to get a good result. Already he tested all the diet programme then he suggests it to the group members. During online meeting (Gmeet) he gave wonderful ideas of past participants. He used to give remedy if we raise doubts during online meeting. Those who want to purify the body naturally can go for this wonderful programme. Many of my friends attended this programme and experience good health improvement without any medicines. All items used here are cent percent top quality. My sincere thanks to Mr Ramesh Rangarajan for his great service. He guides us in each and every step. We feel so proud of him. I pray to God for you to continue this service. Thank you sir.

 mohankumar N  
1 review

★★★★★ a month ago

I am Dr. Mohankumar from Bengaluru and joined SRI SAI YOGALAYA YOGA & NATUROPATHY CENTRE for 48 days course. It was a wonderful experience and I have lost almost 21 kg. It kept both my body and Mind free. Thanks to Ramesh Sir for his valuable efforts and social thinking

 Like  Share

 Aswini Kiruthika  
Local Guide · 17 reviews

★★★★★ a month ago

I have done the diet twice under Sir's guidance. Once I lost 13 kg and the next time I lost 10 kgs. This not just a weight loss course, it taught me to look at food in a different way. Emphasis is on basics of how to eat food and when to eat. After seeing the transformation in me, many of my friends also have joined and benefited through the 48 day detoxification process. I will continue to participate yearly in his programs.

 Like  Share

 Shanthi Sakthi  
3 reviews

★★★★★ 7 months ago

It was a great experience with this Rational yogic diet with Dr. Ramesh Rangarajan. I lost 24 lbs in this 48 days diet program. It's not just a diet program but also a great healthy living program for life. He taught us how to detox our body. I saw a big change in my blood work after this program and my functional medicine physician told that my blood looks toxin free by looking at its color and the flow while drawing my blood. My cholesterol level and pre diabetic range changed big time.

Feeling more energetic and refreshed and felt light and think better. Vision got better.

Overall it's a great healthy living program in many ways and it's working if we follow as per the instructions from Dr. Ramesh.

Also, I wanted to mention about the Herbal Tooth Powder which I bought from him. I always have a sensitive teeth issues and I have a hard time with my teeth sensitivity whenever I go for my regular dental cleaning once in every 6 months. But surprisingly after using this herbal tooth powder for more than 6 months continuously I have no more sensitive teeth issues. It's completely gone. I'm super happy 😊 even after the diet program I'm continuing the herbal tooth powder and it's a Great product.


It's a blessing to know about his program and I'm benefited from it. I wish everyone knows about it and gets benefit from this great Rational yogic program.

 Like  Share

 Sreepriya Lakshmanan  
3 reviews · 8 photos

★★★★★ a month ago

I am really happy to share that this yogic diet has given me immense benefits along with 14kg weight loss in 48 days. It gave me good skin texture, reduced the darkness around my neck. It reduced my fatty liver. Thought the diet is challenging, Sir provided good encouragement and kept us motivated. Through this diet I was able to correct my sleep cycle which was so helpful. I am extremely thankful to Ramesh Sir for this very very effective diet plan!!

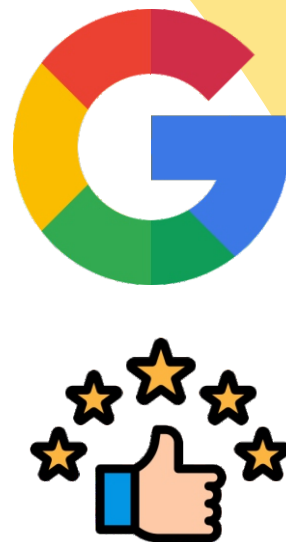
 Like  Share

 Saishree Patil  
2 reviews

★★★★★ a month ago

I experienced many health benefits in 48 days as I had stress, kneepain, overweight. My body was totally detoxified. Really thank you sir, for showing me good way for good health 🙏. I'm extremely happy for the course. I'll join the course again. ...

 Like  Share



[Click here for more Testimonials](https://g.page/SSYYNC?share)



<https://g.page/SSYYNC?share>





# People who lose weight by following a Rational Yogic Diet Therapy

## Top three places are Batch No. 1 - 25

G-1																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1	SEJAL	NASHIK	G-1	21	160	83	77	6	73	4	69.5	3.5	69.5	0	68	1.5	64.5	3.5	64	0.5	64	19		
2	POO MARI	TENKASI	G-1	28	182	98	96	2	93	3	90.5	2.5	89	1.5	86	3	83.7	2.3	80	3.7	80	18		
3	BALAKRISHNAN	CHENNAI	G-1	46	165	93	90	3	85	5	83	2	83	0	82	1	79	3	79	0	79	14		
G-2																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1	KRISHNA RAJ	CHENNAI	G-2	45	190	118	114	4	109.1	4.9	105.2	3.9	103.1	2.1	100.5	2.6	96.3	4.2	92.9	3.4	92.9	25.1		
2	IMRAN JAMAL MOHAMED	PUDUKKOTTAI	G-2	30	176	132	124.45	7.55	123.05	1.4	121.15	1.9	120	1.15	118	2	114.8	3.2	111.7	3.1	111.7	20.3		
3	KRITHIKA	CHENNAI	G-2	41	164	99.7	95.8	3.9	91.8	4	90.8	1	90.1	0.7	88.4	1.7	85.8	2.6	80.2	5.6	80.2	19.5		
G-3																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	WEEK8	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	ABHJEEET KULKARNI	AURANGABAD	G-3 RYDT -PUNE	23	175	88.7	85.4	3.3	85	0.4	83.8	1.2	79.7	4.1	75.8	3.9	71.8	4	65.3	6.5	61.7	3.3	61.7	27
2	SUMEDH JOSHI	PUNE	G-3 RYDT -PUNE	17	177	88.9	85.5	3.4	82.7	2.8	81	1.7	78.7	2.3	77.1	1.6	74.4	2.7	71.6	2.8	71.6	0	71.6	17.3
3	ASHA MOHAN	UDUPI	G-3 RYDT -PUNE	57	150	77.6	71.5	6.1	69.1	2.4	67.6	1.5	66.1	1.5	64.6	1.7	62.4	2	60.5	1.9	60.5	0	60.5	17.1
G-4																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1	LEENA JOHN	SURAT	G-4 TN RYDT	36	163	83.2	77.2	6	75.7	1.5	73	2.7	73	0	69.9	3.1	65.3	4.8	57	8.3	57	26.2		
2	JAGDEEP	MYSORE	G-4 MH-PUNE RYDT	47	160	87	83.8	3.2	81.6	2.2	78.7	2.9	75	3.7	72	3	68	4	67	1	67	20		
3	VARATHAN	SIRKALI	G-4 TN RYDT	33	168	93	87.8	5.2	85.7	2.1	85.7	0	82	3.7	79	3	77	2	73.8	3.2	93.2	19.2		
G-5																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1																								
2																								
3																								
G-6																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1	Y.NAVEETH BASHA	DHARMAPURI	G-6 TN RYDT	28	175	148.5	142	6.5	139.5	2.4	136.7	2.9	135.6	1.1	133.7	1.9	128.8	4.9	124.3	4.5	124.3	24.2		
2	PR. PREMJI TGAUTAM	KANYAKUMARI	G-6 TN RYDT	40	164	85	81.6	3.4	78.1	3.5	74	4.1	72.3	1.7	71	1.3	67.8	3.2	65	2.8	65	20		
3	ERIC ANTO PAULSON	TRICHY	G-6 TN RYDT	23	165	103	98.5	4.5	96.2	2.3	94.3	1.9	91.2	3.1	90	1.2	87	3	83	4	83	20		
G-7																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1	ANBAZHAGAN	SALEM	G-7 TN RYDT	45	164	156	145.9	9.9	144.1	1.8	142.25	1.9	138.8	3.5	136.65	2.3	132.6	4.05	132.6	0	132.6	23.4		
2	VIVEK KHATI	WASHINGTON,USA	G-7 MH-PUNE RYDT	50	173	100.8	95.2	5.6	92.5	2.7	91.6	0.9	88.8	2.8	86.3	2.5	82.4	3.9	82.4	0	82.4	18.4		
3	SENDILKUMAR	CHENNAI	G-7 TN RYDT	49	172	84.5	78.7	5.8	77.25	1.45	76.6	0.7	73.35	3.3	71.75	1.6	67.8	3.95	67.8	0	67.8	16.7		
G-8																								
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS		
1	MANIKANDAN	COIMBATORE	G-8 TN RYDT	47	185	102.4	97.5	4.9	95.15	2.35	93.75	1.4	92.2	3.55	87.1	3.1	84.4	2.7	84.4	0	84.4	18		
2	PRIYANKA JADHAV	PUNE	G-8 MH-PUNE RYDT	33	163	78	72.1	5.9	69.6	2.5	67.6	2	65.6	2	64.1	1.5	61.4	2.7	61.4	0	61.4	16.6		
3	PADMA.D	BANGALORE	G-8 MH-PUNE RYDT	58	150	82.5	76	6.5	73.6	2.4	72.1	1.5	69.9	2.2	68.4	1.5	66.5	1.9	66.5	0	66.5	16		

# People who lose weight by following a Rational Yogic Diet Therapy

G-9																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	SUDHAKAR	CHENNAI	G-9 TN RYDT	41	162	95.5	90	5.6	84.3	5.7	82	2.3	80.4	1.6	78.8	1.6	75.4	3.4	71.7	3.7	71.7	23.8
2	THAMBURAJ J	THIRUVARUR	G-9 TN RYDT	40	181	119.3	114.6	4.7	112.1	2.5	111.1	1	109.8	1.3	106.9	2.9	103.3	3.6	99	3.8	99	20.3
3	SOMNATH R	BIJAPUR	G-9 MH-PUNE RYDT	52	165	103.6	97.7	5.9	94.6	3.1	93.7	0.9	91.2	2.5	89.6	1.6	86.4	3.2	84.3	2.1	84.3	19.3
G-10																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	SANDIYA SRI	CHENNAI	G-10 TN B RYDT	29	158	121.4	115.4	6	112.4	3	109.25	3.2	106.6	2.7	103.6	3	102.3	1.3	99.9	2.4	99.9	21.5
2	ASHOK KUMAR	CHENNAI	G-10 TN RYDT	43	175	109.3	103.9	5.4	102.6	1.3	99.8	2.8	96.1	3.7	92.3	3.6	91.25	1	91.2	0	91.2	18
3	SUNDAR THANGAM	CHENNAI	G-10 TN B RYDT	46	176	128.5	126.3	2.2	123.6	2.7	121.5	2.1	121	0.5	118.3	2.7	114	4.3	110.7	3.3	110.7	17.8
G-11																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	FRANKLIN EDEN	CHENNAI	G-11 TN RYDT	40	183	142.9	137.3	5.6	134	3.3	132.5	1.5	130.7	1.8	129.5	1.2	127	2.5	123.6	3.4	123.6	19.3
2	WINGLING PAULA FARI	UAE	G-11 TN RYDT	34	156	88.6	84.6	3.8	82.5	2.3	80.6	1.9	79.1	1.5	78.6	0.5	75.2	3.4	73.4	1.8	73.4	15.2
3	SIVARANJANI K	PADUR	G-11 TN RYDT	36	155	95.4	91.4	4	89.4	2	88.4	1	88	0.4	86.5	1.5	84	2.5	81.7	2.3	81.7	13.7
G-12																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	MURUGESAN RAVIKUMAR	CHENNAI	G-12 TN -A RYDT	31	183	127	122.2	4.8	118.8	3.4	117	1.8	114.95	2	111.8	3.1	106.6	5.2	103.65	3	103.65	23.4
2	DHARSHINI NATARAJAN	THANJAVUR	G-12 TN RYDT	31	143	79	76.4	2.6	73.75	2.7	71.2	2.5	68.15	3.1	66.6	1.5	62.7	3.9	56.3	6.4	56.3	22.7
3	LAKSHMIKANTH	CHENNAI	G-12 TN - B RYDT	34	175	93	88.9	4.1	86.4	2.5	84.4	2	83.2	1.2	81.5	1.7	78	3.5	72.6	5.4	72.6	20.4
G-13																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	DINESH SHANMUGAM	USA	G-13 TN B RYDT	49	168	85.8	80	5.8	77.6	2.4	75.9	1.7	73.7	2.2	72	1.7	66.9	5.1	65.4	1.5	65.4	20.4
2	VIJAY SIVANANDHAM	TRICHY	G-13 TN- A RYDT	43	176	97.1	90.8	6.3	89.5	1.3	85.95	3.55	84.3	1.7	83.5	0.8	82	1.5	78.95	3.1	78.95	18.2
3	RAJA	CHENNAI	G-13 TN- A RYDT	51	169	114	109.65	4.35	108.55	1.1	105.95	2.6	104.1	1.9	103.3	0.8	99.6	3.7	96.7	2.9	96.7	17.3
G-14																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	GAYATHRI KANNAN	CHENNAI	G-14 TN RYDT	44	163	130.1	122.9	7.2	121.6	1.3	118.9	2.7	116.5	2.4	113.9	2.6	109.7	4.2	106.1	3.6	106.1	24
2	MARISELVAM	SURANDAI	G-14 TN -C RYTD	38	172	97	89.7	7.3	88	1.7	85.2	2.8	83.2	2	81.55	1.7	78	3.6	74.45	3.6	74.45	22.6
3	K.GOWTHAM	CHENNAI	G-14 TN -C RYTD	42	175	119	116.6	7.4	109.2	2.4	107.8	1.4	104.7	3.1	103.6	1.1	99.1	4.5	96.9	2.2	96.9	22.1
G-15																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	GAYATHRI KANNAN	CHENNAI	G-15 TN -B	44	163	110.2	106.3	3.9	103	3.3	99.8	3.2	96.2	3.6	93.4	2.8	90	3.4	86.9	3.1	86.9	23.3
2	PRASANTH APTIL	PUNE	G-15 AIG IND	29	176	104.7	102	2.7	98	4	95.9	2.1	95.2	0.7	92.6	2.6	87.3	5.3	84.6	2.7	84.6	20.3
3	RAJAGOPAL (RAJESH)	CHENGALPATTU	G-15 TN -A	35	173	136.5	135.5	1	129.6	5.9	129.2	0.4	125.6	3.6	125.3	0.3	119.2	6.1	117.3	1.9	117.3	19.2
G-16																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	ULAGANATHAN ESWARAN	USA	G-16 USA	47	180	104.5	97.7	6.8	94.7	3	91.2	3.5	89	2.2	85.45	3.55	81.1	4.4	76.9	4.2	76.9	27.6
2	SHOBAN	USA	G-16 USA	46	173	104.5	99.6	4.9	94.9	4.7	91.53	3.4	89.45	2.1	88	1.45	84.1	3.9	80.8	3.3	80.8	23.7
3	RONJAY SENGUPTA	KOLKATA	G-16 AIG IND	54	183	129.35	123.1	6.25	122.15	0.95	119.4	2.75	117.1	2.3	115.3	1.8	111.85	3.45	105.9	5.9	105.9	23.4

# People who lose weight by following a Rational Yogic Diet Therapy

G-17																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	MUTHU RAJA .S	TENKASI	TN G-17 C	21	171	102.3	97.15	5.2	93.3	3.9	90.15	3.15	89.25	0.9	86.4	2.85	81.35	5.05	79.5	1.85	79.5	22.9
2	VIVEK MUTHUKUMAR	COIMBATORE	TN G-17 C	37	174	129.6	123.5	6.1	121.7	1.8	118.4	3.3	117.4	1	115.1	2.3	110.7	4.4	108.3	2.4	108.3	21.3
3	NAGESH KOWLIGI	TORONTO	AIG 17	42	175	103.9	93.3	4.6	95.5	3.8	94	1.5	91.6	2.4	88.9	2.7	86.2	2.7	83.4	2.8	83.4	20.5
G-18																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	MADHU UNNIKRISHNAN	USA	RYDT-G-18-AIG	42	173	99	95.75	3.25	91.7	4.05	88.7	3	86.3	2.4	83.85	2.45	81.25	2.6	76.5	4.75	76.5	22.5
2	JAYKIRAN	USA	RYDT-G-18-AIG	47	175	134.71	131.13	3.58	125.8	5.33	123.8	2	122	1.8	118.8	3.2	114.9	3.9	114	0.9	114	20.71
3	SANTOSH N J	QATAR	RYDT-G-18-NRI	45	167	86.7	82.3	4.4	79.5	2.8	76.9	2.6	75.4	1.5	73.2	2.2	70.7	2.5	66.3	4.4	66.3	20.4
G-19																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	CHANDRA OBUL REDDY	TEXAS/USA	G-19 AIG	42	175	97.52	95.71	1.81	93.93	1.78	91.08	2.85	89.22	1.86	87.63	1.59	83	4.63	79.46	3.54	79.46	18.06
2	MEENAKSHI	CHENNAI	G-19 TN- A	44	144	95	92.5	2.5	89.5	3	86.8	2.7	84.8	2	82.5	2.3	80	2.5	77.9	2.1	77.9	17.1
3	THIRUMALAI BASHYAM	QATAR	G-19 NRI-A	50	183	108.6	105.8	2.8	103.7	2.1	102.7	1	100.3	2.4	99.3	1	94.7	4.6	93.3	1.4	93.3	15.3
G-20																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	MANOJ	BANGALORE	TN G-20 B	46	160	120	114.7	5.3	112.7	2	109.2	3.5	107.05	2.5	105.95	1.1	103.2	2.75	100.25	2.95	100.25	19.75
2	RAJESH KUMAR	CHENNAI	TN G-20 B	38	172	111.3	107.8	3.5	105.4	2.4	101.6	3.8	100	1.6	98.6	1.4	96.45	2.15	91.9	4.55	91.9	19.4
3	THIRUVENKADAM K	SATYAMANGALAM	TN G-20 A	48	178	112.7	108.7	4	105.6	3.1	103	2.6	100.5	2.5	98.6	1.9	96.5	2.1	94.7	1.8	94.7	18
G-21																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	RISHI KESAVAN	CHENNAI	RYDT G-21 TN-A	33	176.78	137.8	134.9	2.9	129	5.9	127.1	1.9	125.2	1.9	122.2	3	118.1	4.1	114.9	3.2	114.9	22.9
2	ROY S THOMAS	CHENNAI	RYDT G-21 TN-B	41	183	112.45	109	3.45	105.7	3.3	103.85	1.85	101.85	2	101	0.85	98.35	2.65	90.35	8	90.35	22.1
3	VIJAY	NV USA	RYDT G-21 NRI-B	40	171	84.4	80.6	3.8	78.2	2.4	76.5	1.7	74.7	1.8	72.3	2.4	68.36	3.94	69.1	1.26	67.1	17.3
G-22																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	SUGANYA	SENGOTTAI	RYDT G-22 TN (A)	30	156	122.1	119.3	2.8	116.7	2.6	115.2	1.5	112.35	2.85	109.9	2.45	104.25	5.65	100.6	3.65	100.6	21.5
2	SRINIVASAN	SALEM	RYDT G-22 TN (A)	48	179	127.7	124.1	3.6	121.1	3	116.4	4.7	114.5	1.9	112.5	2	109	3.5	106.6	2.4	106.6	21.1
3	GOPI MATHIVANAN	GEORGIA USA	RYDT G-22 NRI (A)	36	185	117.3	113.87	3.43	109.6	4.27	107.8	1.8	105.7	2.1	104.2	1.5	99.2	5	96.5	2.7	96.5	20.8
G-23																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	NATESHAN SOUNDARAPANDIAN	FLORIDA,USA	RYDT-G-23 NRI-A	50	185.92	96.16	90.81	5.35	86.99	3.82	86	0.99	83.91	2.09	82.6	1.31	79.83	2.77	77.9	1.93	77.9	18.26
2	VINITH KUMAR	CHENNAI	RYDT-G-23 TN-A	30	167	106.1	101.4	4.7	98.05	3.35	95.8	2.25	94.6	1.2	93.4	1.2	91.2	2.2	89.3	1.9	89.3	16.8
3	SUBBA KONDU	CALIFORNIA,USA	RYDT-G-23 AIG-NRI-B	49	179.83	115.39	109.6	5.7	108.9	0.79	104.78	4.12	102.5	2.28	102.5	0	100.24	2.26	99.1	1.14	99.1	16.29
G-24																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	MEENAKSHY BHASKAR	SINGAPORE	RYDT-G-24 AIG-NRI	61	5'3	80.7	79.3	2.4	75	3.3	73	2	72	1	70	2	65.1	4.9	65.1	0	65.1	15.6
2	CHANDRA SHEKHAR	USA	RYDT-G-24 AIG-NRI	50	5'6	93.89	90.53	3.36	88.23	2.3	86.55	1.68	86.55	0	83.09	3.46	79	4.09	78.18	0.82	78.18	15.71
3	TOSHI	CALIFORNIA,USA	RYDT-G-24 AIG-NRI	41	157	78.5	75	3.5	72.4	2.6	70.7	1.7	70.6	0.1	68.55	2.05	66	2.55	64.15	1.85	64.15	14.35
G-25																						
S.NO	NAME	PLACE	GROUP	AGE	HEIGHT	WEIGHT	WEEK1	W/L	WEEK2	W/L	WEEK3	W/L	WEEK4	W/L	WEEK5	W/L	WEEK6	W/L	WEEK7	W/L	FINISHED WEIGHT	WEIGHT LOSS
1	KARTHIK S	CHENNAI	RYDT G-25 ( TN - A )	46	180	113.4	110.9	2.5	107.4	3.5	105.2	2.2	103.3	1.9	100.9	2.4	96.4	4.5	92.6	3.8	92.6	20.8
2	SRIDHAR J SEATTLE	USA	RYDT G-25 (AIG-NRI)	42	166	87.6	84	3.6	81.9	2.1	79.5	2.4	78.3	1.2	75.3	3	71.7	3.6	71.7	0	71.7	15.9
3	PRABHAKAR	CHENNAI	RYDT G-25 ( TN - A )	60	167	92.9	89.5	3.4	86.95	2.55	84.85	2.1	83.65	1.2	81.55	2.1	77.85	3.7	77.05	0.8	77.05	15.85

## Account Details for Indian Members



Account Name : MURUGAIAH MUDHALIYAR SARASWATHI AMBAAL MEMORIAL TRUST  
Account No : 612901096894  
IFSC Code : ICIC0006129  
Bank Name : ICICIBANK  
Branch : Tenkasi  
A/c Type : Savings  
UPI ID : MURUGAIAHMUDHALIYAR MEMORIALTRUST @ icici



99942 28992

## Account Details for NRI foreign members



Account Name : MUTHULAKSHMI K  
Account No : 50100747464440  
IFSC Code : HDFC0008536  
Bank Name : HDFC BANK  
Branch : SURANDAI  
A/c Type : Savings  
UPI ID : 7200786369@hdfcbank



7200786369

**Kindly send the screen shot of  
your payment details to : +91 9028110360**





## For Appointments

Office : 046 33 - 35 92 35

📞 90281 10360 📞 786 88 99 078 📞 786 80 80 393



## View Google Reviews



<https://g.page/SSYYNC?share>

## Social Media DEMO Customer Reviews



## Visit Our Website for More Details



<https://srisaiyogalaya.in>

The Body Requires No medicine If you Eat  
Only After The Food You Have Already Eaten is Digested



*There are no disease-free lives!  
There are no incurable diseases!!*

As much as we give importance to our external organs, we should also give importance to the feelings and languages of our internal organs.

Only then we can be healthy and look beautiful. The first pleasure is to be disease free and mind free, let's travel towards it...!!

We all love our body first, we love our internal organs, we love ourselves.

*Always concerned about your health...*

## Dr. M. Ramesh Rangarajan

Msc(Yoga & Naturopathy) ,PGDCA ,Ph.D(Yoga)

Let's think good and let good happen!  
Individual change is the change of our society.  
Go back to tradition and live healthy

### **SRI SAI YOGALAYA YOGA & NATUROPATHY ASHRAM.**

( Physical and Mental Health Counseling Centre)

Chinchwad - 411033, Pune District Maharashtra

Contact: 90281 10360(Whatsapp)

Call : 786 88 99 078, 786 80 80 394

Surandai - 627859 Tenkasi District, Tamil Nadu

**Scan the QR to share  
your experiences  
and opinions**

