



VAIDYARATNAM

DR. RAKESH AGGARWAL

**Dedicated and innovative third
generation Ayurvedic Doctor of
International repute.**

**Left IIT DELHI to become an
ayurvedic Doctor, BAMS from
University of Delhi**



AROGYADHAM

(Ayurveda & Yoga Retreat)

आरोग्यधाम



AROGYADHAM

(Ayurveda Treatment Centre)





VAIDYARATNAM

DR. RAKESH AGGARWAL

Renowned for handling many of the most complex cases in various fields of Ayurveda as: Chronic Diseases and Sexual Disorders, Infertility Problems, Diabetes Mellitus, Migraine, Obesity, Joint Pains, Migraine, Urinary Calculi, De-addiction treatments, Heart Diseases, Piles, Skin Diseases and other complications, Mental disorders, various cancer, Liver disorders, and, Yoga therapy



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आरोग्यधाम



AROGYADHAM
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MAA YOGA
Ashram





VAIDYARATNAM

DR. RAKESH AGGARWAL

**Chairman, Arogyadham
Treatment Center, Maa
Yoga Ashram, Arogyadham
Retreat and Wellness,
Indian herbals and natural
Ayurvedics.**

**Chief Founder and Editor
of Family Health Magazine
in Hindi, Arogyadham
Magazine.**

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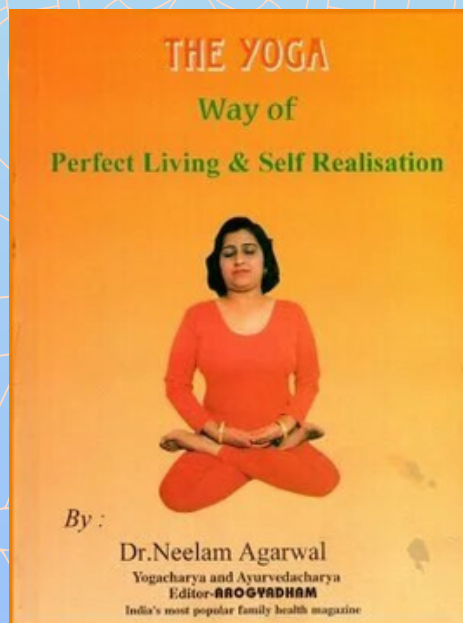
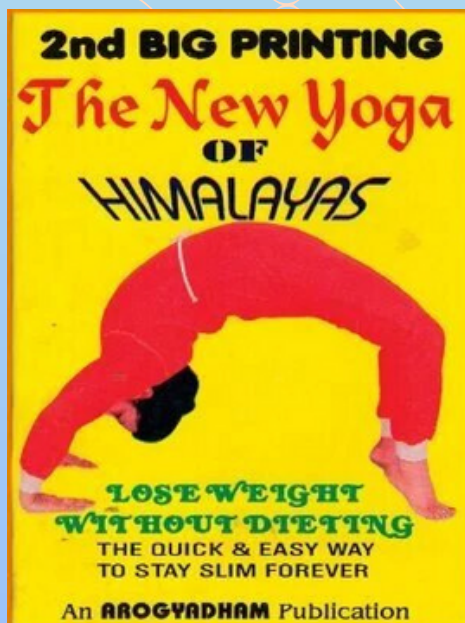
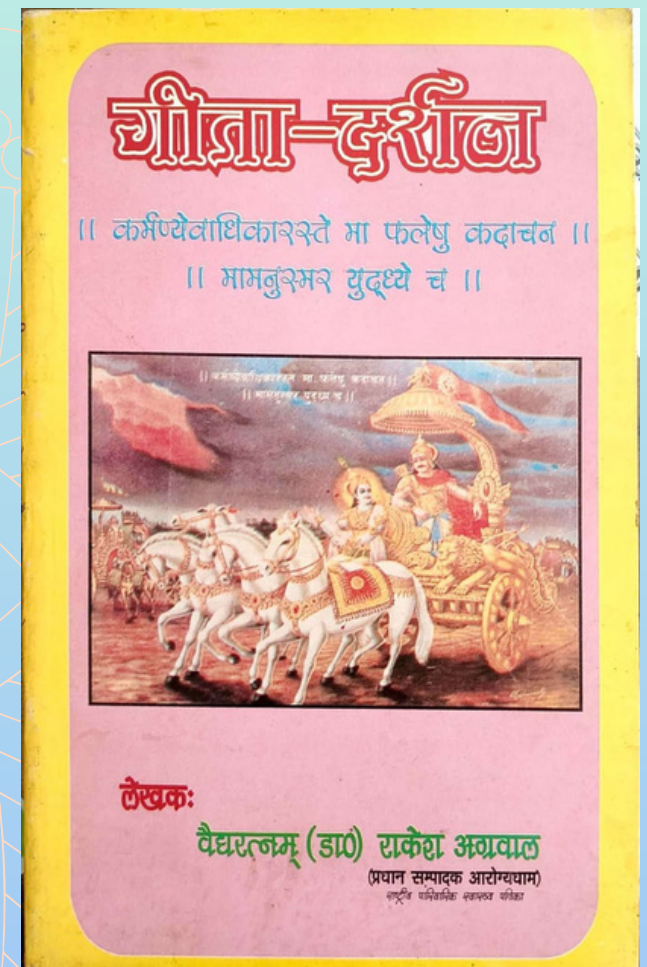
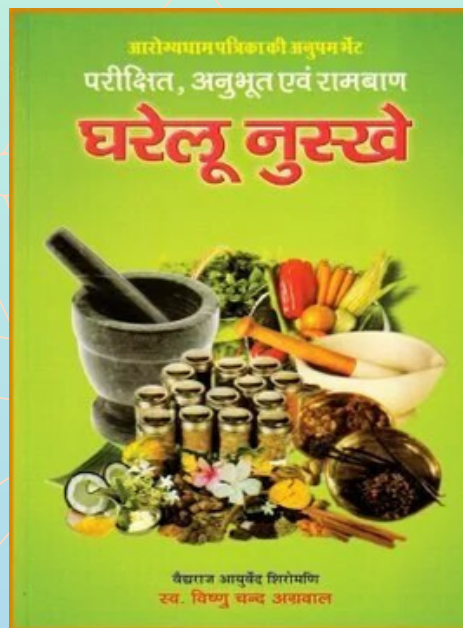
AROGYADHAM GLOBAL AIDS RESEARCH FOUNDATION.

**Arogyadham Global Aids
Research Foundation,
launched in the
supervision of Dr. Rakesh
Aggarwal and recognized
by ministry of science and
technology, providing
Charitable Services and
ayurvedic treatments all
over the World in the field
of pure Ayurveda
practices.**





AROGYADHAM BEST SELLING MAGAZINES & BOOKS

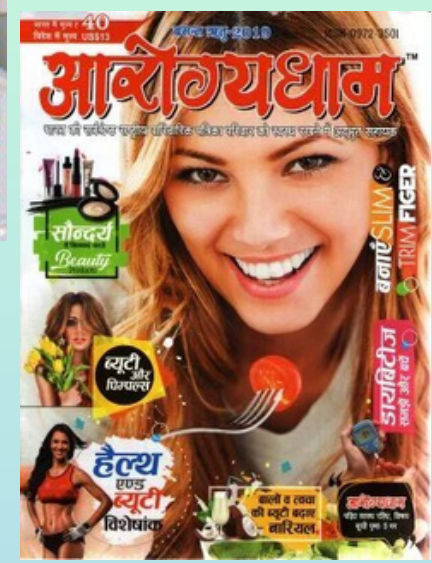




AROGYADHAM MAGAZINE

आरोग्यधाम

Arogyadham magazine has got approved circulation of 1,15,025 per issue by Registrar News Paper of India, New Delhi, Ministry of Information and Broadcasting (Govt. of India 2004-05), with all India distribution. Since Arogyadham is a quarterly publication, it remains in the active and immediate view of its readers not only for three months till they get the fresh volume there of but because of the vital importance and every day use in the up keeping the family health, its subscribers often are inclined, rather obliged to retain its volumes for every granting its place of pride in their home.



આરોગ્યધામ

BEST SELLING AYURVEDIC PRODUCTS



Nari Saundarya Rakshak syrup is a beneficial tonic for increasing the beauty of women, removing dark circles under the eyes, the problem of blood loss, irregularity of menstrual cycle, headache, etc.

Useful For All Age Group Women

A Complete Treatment for health and Beauty care tonic for women

The Power of Ayurveda



Nari Sondarya Rakshak Syrup



AROGYADHAM
(Ayurveda & Yoga Retreat)

BEST SELLING AYURVEDIC PRODUCTS



Ayurvedic rasayans are a valuable tool for those who are looking to improve their brain function and cognitive abilities. These medicines are made from natural ingredients that are designed to nourish and rejuvenate the brain, and they can have a significant impact on overall brain health. Whether you're looking to reduce stress, improve your memory, or enhance your overall cognitive abilities, Ayurvedic rasayans are worth exploring as part of a comprehensive approach to overall health and wellness.



Smran Shakti Rasayan Yog



AROGYADHAM
(Ayurveda & Yoga Retreat)

BEST SELLING AYURVEDIC PRODUCTS



Crafted with the wisdom of Ayurveda, this unique formula deeply penetrates the scalp and hair follicles to provide essential nourishment and hydration. Infused with ingredients like amla, neem, and bhringraj, this hair oil helps to promote hair growth, prevent hair loss, and protect against environmental stressors.

Not only is this Kesh Rakshak hair oil effective, but it's also gentle and suitable for all hair types. Whether you have fine, curly, or thick hair, this oil will leave your locks looking and feeling their best.



KESH RAKSHAK HAIR OIL



AROGYADHAM
(Ayurveda & Yoga Retreat)

GLIMPSES \$ SNAPSHOTS



Appreciation by Honorable Droupadi Murmu, President of India regarding awareness of ayurveda, holistic living, Yogic science and overall Wellbeing.



GLIMPSES \$ SNAPSHOTS



Honorable Narendra Modi ji appreciating Dr. Rakesh Aggarwal ji for his tremendous contribution in the field of ayurveda.



GLIMPSES \$ SNAPSHOTS



**Dr. Rakesh Aggarwal and Dr.
Neelam Aggarwal spreading
knowledge and representing
India at The White House,
Washington DC**

GLIMPSES \$ SNAPSHOTS



Dr. Rakesh Aggarwal and Dr. Neelam Aggarwal honoured by an appreciation by honorable Smt Pratibha Patil ji, 12th President of India.

GLIMPSES \$ SNAPSHOTS



Analysing the Nadi(Pulse) for wellness of paramilitary and Army Officers.



HEALTH CHECKUPS AND SESSIONS



210 free sessions given in National Defence forces and Paramilitary Forces. Regular Ayurveda, yoga awareness programs, free Ayurveda consultation has been conducted in Indian Army, Indian Navy, Indian Air Force, CRPF, ITBP, Army Wife Welfare Association, National defense college, Delhi, Lal Bahadur Shastri National Academy of Administration, Mussorie, Delhi Police, Uttarakhand Police, Mumbai Police and many more by giving free services Worldwide.





SPECIALTY AREAS OF AYURVEDIC TREATMENT FOR CHRONIC DISEASES IN INDIA

- **Chronic Diseases**
- **Sexual Disorders**
- **Infertility Problems**
- **Diabetes Mellitus**
- **Migraine**
- **Obesity**
- **Joint Pains**
- **Migraine**
- **Urinary Calculi**
- **De-addiction treatments**
- **Heart Diseases**
- **Piles**
- **Skin Diseases**
- **Mental disorders**
- **various cancers**
- **Liver disorders**



At Arogyadham we treat Men and Women separately. We have best-in-class modern treatment centres and world-renowned Ayurvedic doctors, Yogis, and Practitioners under the guidance of Vaidyaratnam Dr. Rakesh Agarwal, Dr. Neelam Agarwal, Yogi Dr. Amrit Raj, and Dr. Arjun Raj.



FIRE CEREMONIES SESSIONS





Honored to address paramilitary forces and free wellness sessions in different part of india , the valiant of ITBP, gallant warriors.



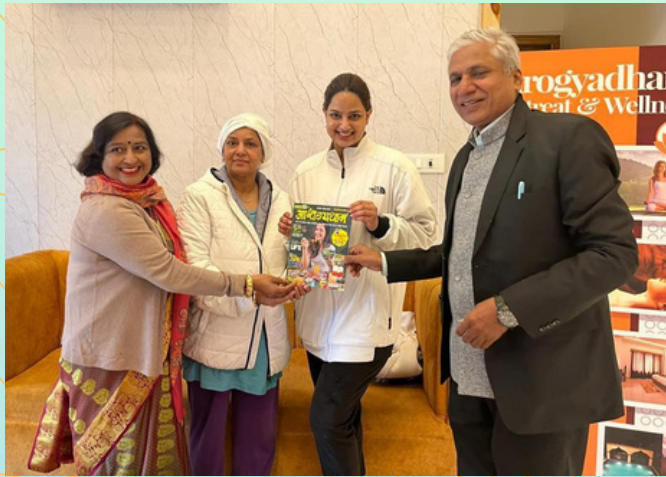
YOGA TRAINING \$ CERTIFICATION



GLIMPSES \$ SNAPSHOTS



GLIMPSES \$ SNAPSHOTS



**Sessions with Miss
Universe Ms Harnaaz
Sandhu**



**Blessed to address the gallant warriors of
Sashastra Seema Bal Academy, Bhopal
through Dr Rakesh & Dr Neelam Agarwal**



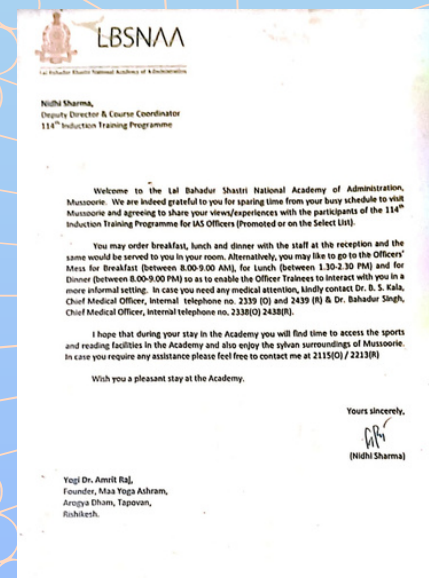
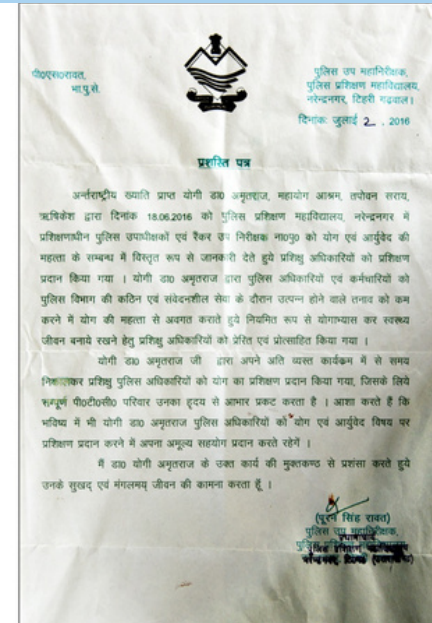
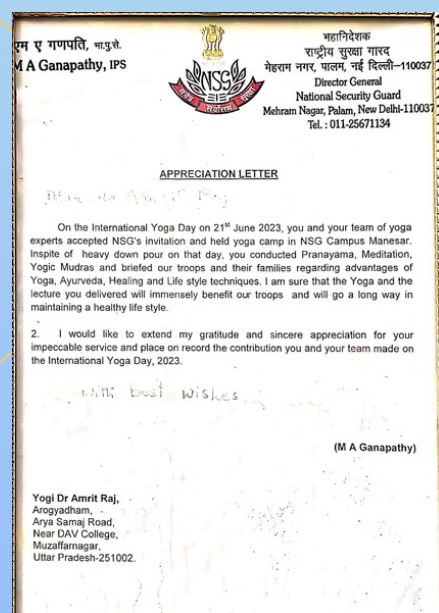
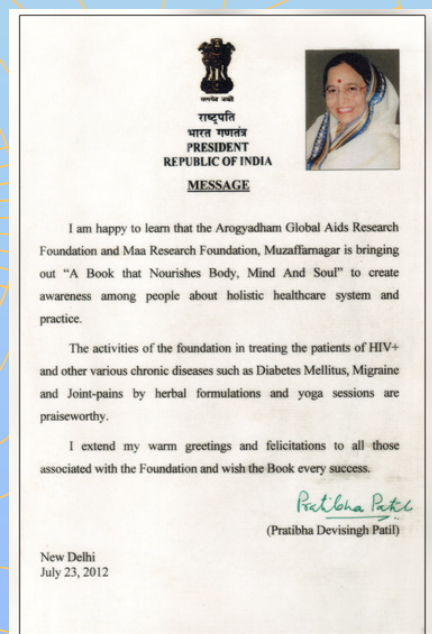
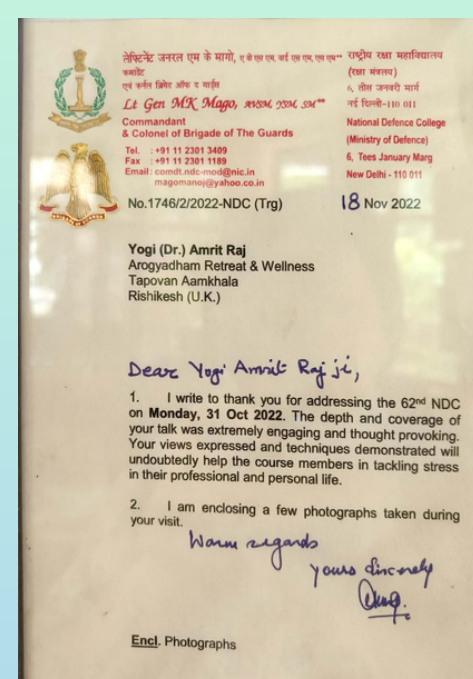
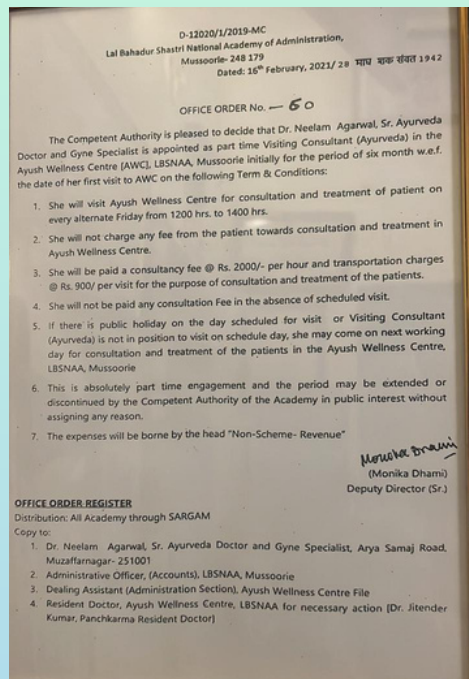
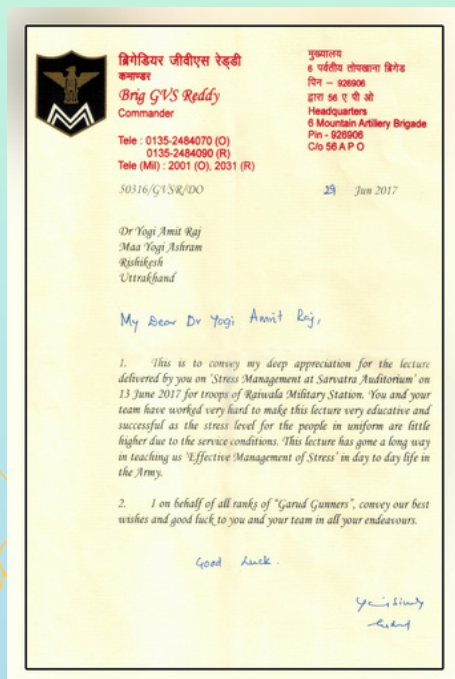
Big thanks for maximum footfall for the wellness session



**Session at Trinad and
Tabbaco**



APPRECIATION LETTERS



नीलेश शाह, एम. एस.
Neelima Shah, MS
कृषिशास्त्री
Registrar


वन प्रशिक्षण संस्थान
(फॉरेस्ट रिसर्च इंस्टीट्यूट - देहरादून)
भारत-उत्तर प्रदेश, उत्तरांचल
FOREST RESEARCH INSTITUTE
(INDIAN COUNCIL OF FORESTRY RESEARCH & EDUCATION)
P.O. NEWFOREST, DEHRADUN - 248 005

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E-Mail : fsi@rediffmail.com
registrar_jd@rediffmail.com

No. Dis/PA/Regg.Misc./2018
Dated: 11.10.2018

Letter of Appreciation

To,
Yogi Dr. Amrit Raj
Maa Yoga Ashram,
Tapovan Aamkhala,
Rishikesh, Uttarakhand.
Sb: **Appreciation Letter**

Dear Dr. Amrit Raj,


This letter is to bring on record and acknowledge your efforts for conducting a session on "Stress Reduction & Healing through Yoga & Ayurveda". On behalf of the Forest Research Institute, Dehradun, I would like to extend my heartfelt thanks and sincere appreciation for your Wonderful Session and for enlightening the staff of FRI about the benefits of Yoga; Ayurveda and General well being.


The session takes to you was extremely informative and helped the staff of FRI to get a deep insight on how to boost their own energy through Yoga & Ayurveda techniques & to develop their own habits for daily living, how to stay calm in stressful situation & how to improve performance.

Ayogadham, Rishikesh is a reputed Centre of Panchamahar, Yoga and Ayurveda. This institute is indebted to you for taking out time to sensitize the employees of FRI on Yoga & Ayurveda.

Once again, I thank you for conducting the session.

NL
(Neelima Shah)
Registrar,
Forest Research Institute


श्री गणेशाय नमः
कोशिक जीवितो विभो
Lt Gen S K Jha, MVM, MVM, MVM, MVM
Commandant of
Colonel of The SSK Regiment
Cdr: Maj. 1201 (R) 1201 (R)
Cdr: (R) 1201 (R) 1201 (R)
39083/SKJ/DO


Yogi Dr Anrit Raj
Arogyajham Global Aids Research Foundation
Maa Yoga Ashram
Rishikesh (UK)

राजीव जीवितो विभो
Dehradun - 248007 (Uttarakhand)
Indian Military Academy
Dehradun - 248007 (U.K.)

16 Jan 2020

APPRECIATION LETTER

My dear Yogi Dr Anrit Raj Ji,


1. I would like to place on record our heartfelt gratitude and sincere appreciation for the excellent efforts put in by you for the informative presentation and interaction on Pranayama, Meditation, Healing techniques, Ayurvedic herbs, Yogic mudras. Session on stress reduction and promoting healthy living for the officers, families and GCs at IMA was well received by one and all.

2. I would also like to thank Dr Rakesh Agarwal, for his valuable contribution during the interactive session.

3. Success comes only to those who believe in themselves and wish you all the luck for all your future ventures.

With fond regards,
Yours sincerely,
[S K Jha]
Lieutenant General
Commandant

Station : Dehradun
Dated : ___ Jan 2020

 Col R Ramesh
Dy Cdr

HQ 135 Inf Bde
PIN-908135
c/o 56 APO

135/1/A

14 Jan 2019

Dr Amrit Raj
Maa Yoga Ashram
Arogydham
Aamkhala, Badrinath Road, Tapovan
Rishikesh-249192


Shri Amit Raj Ji

1. I am writing this letter to convey my sincere appreciation and compliments for the excellent lecture on "Healthy Life Style & Stress Management" by Team of 'MAA YOGA ASHRAM, AROGYADHAM', led by your good self for troops of 135 Inf Bde on 22 Dec 18. The lecture was not only informative but inspiring as well.

2. Please convey my sincere compliments to all concerned. We are looking forward for this kind of informative interaction in future also and we wish you all the very best for all your future endeavours. We pray to God Almighty for your continued success.

With warm regards,

Yours Sincerely,
Ramesh



Captain Nitin Kapoor
Commanding Officer

DNS Mysore
C/o Vice Mast Officer
Mumbai - 400 001

242/NX 25 Jun 18

Yogi Dr. Anni Raj
Angusadam Global Life Research Foundation
Nash Yoga Ashram
Muttaffomagar
Rajivgadh - 249 192

LETTER OF APPRECIATION

Dear Sir Maj,


1. It gives me great pleasure to place on record the zeal, enthusiasm, commitment and passion with which you conducted the Workshop on "Stress Reduction and Wellness" at Navy Nagar, Mumbai on 16 Jun 18. It is also a matter of great pride for Indian Naval Ship Mysore that your first workshop in the naval domain was organized and conducted for the crew of the Mighty Mysore.


2. Your 60 minute interaction with me and my team and our families gave a new meaning and perspective on Wellness and Management of Stress, which has so encroached upon our daily lives. The lesson of inculcating positivity, making the right choices, consumption of the right foods, the power of breathing and the benefits of Yoga have all motivated us to inculcate these life changing habits into our daily lives and routine.

3. There is little doubt that the reason why your benevolent message to the world successfully permeates and manages to touch audiences is primarily due to your effervescent personality, thorough knowledge of your subject, self belief and enthusiastic delivery.

4. Your short visit to the Indian Navy will always be remembered and as Team Mysore ventures into the blue waters of the Indian Ocean and beyond, your life lessons will be fondly reminisced and implemented in our daily lives.

5. It all but remains for me and my team is to convey our heartfelt gratitude to you for sparing your valuable time from your busy schedule to spend a memorable afternoon with us. We look forward to such interactions in the near future and welcome you to the Indian Navy and Mumbai again.


Best wishes




श्री जगत एव मे ब्रह्म, श्री श्री एव एव श्री एव एव, ब्रह्म एव एव एव एव
साधयेत्क एव
कोल ज्योति विषय रेजिमेन्ट
Lt Gen S K Jha, PVSM, AVSM, VSM, SM
Commandant &
Colonel of The *SIXX* Regiment
Tel : 961 : 5261 (C) 5301 (R)
Cm : (0135) 2773264 (O)

भारतीय सैन्य अकादमी
देहरादून - 248007 (उत्तराखण्ड)
Indian Military Academy
Dehradun - 248007 (U.K.)

TO WHOMSOEVER IT MAY CONCERN

I am pleased to recommend Yogi Doctor Amrit Raj for significant and outstanding contribution to the society in the form of Yoga. He is contributing and promoting ethical and spiritual values by his Yoga workshops, Yoga sessions, Yoga philosophy and informative interaction about Pranayama meditation, healing techniques, Yogic mudras and Yogic Healthy lifestyle by his TV programs, his books and articles published in many forms. The Arogyadham Health Magazine written by Dr Amrit Raj and his health articles is creating awareness among the masses through his works in terms of Health Promotion, disease prevention and management on many Lifestyle related disorder for physical, mental and spiritual well being. He has done Four sessions till date in Indian Military Academy in November 2017 regarding stress reduction and Wellness through Yoga for officers and their families and also he has done Yoga workshop for the well being of body mind and soul for the Gentleman Cadets on 1st April 2018. His sessions were very much appreciated for physical, mental and spiritual well being and it has been a privilege to know this brilliant Yogacharya and dedicated Ayurvedic Doctor and Humanitarian.


Station : Dehradun
Dated : 04 April 2018


(SK Jha)
Lieutenant General
Commandant

FIND MORE DETAILS ABOUT:

Dr. Rakesh Aggarwal

Arogyadham Ayurveda Treatment Center

Arogyadham Ayurveda and yoga Retreat

Maa Yoga Ashram , Rishikesh



आरोग्यधाम



AROGYADHAM

(Ayurveda & Yoga Retreat)



AROGYADHAM

(Ayurveda Treatment Centre)



Rishikesh

Muzaffarnagar



Dehradun

www.arogyadhamhealth.com

www.arogyadhamretreat.com

www.maayogaashram.com



AROGYADHAM

(Ayurveda & Yoga Retreat)

