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



(Ayurveda & Yoga Retreat)

आव्यधाम







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, Deadiction treatments, Heart Diseases, Piles ,Skin Diseases and other complications ,Mental disorders ,various cancer,Liver disorders, and , Yoga therapy





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.











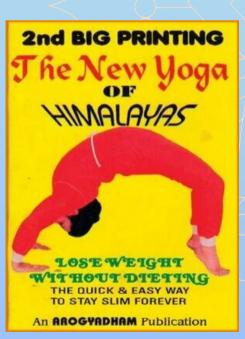
AROGYADHAM GLOBAL AIDS RESEARCH FOUNDATION.

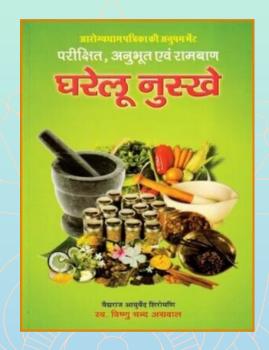


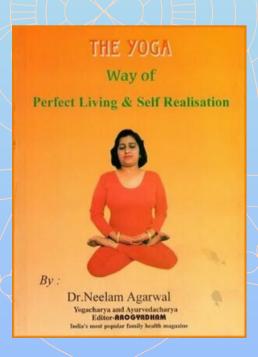


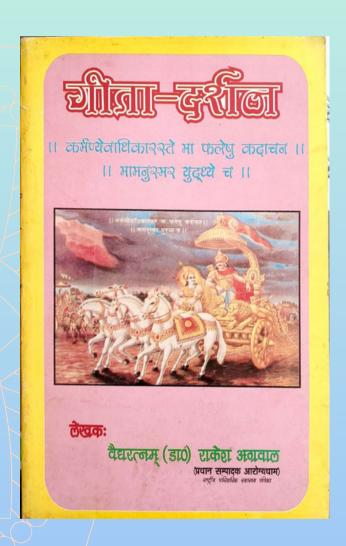
AROGYADHAM BEST SELLING MAGAZINES & BOOKS







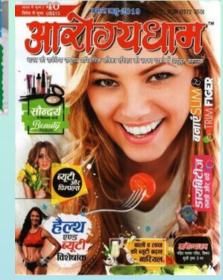




AROGYADHAM MAGAZINE आवेश्यधान

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.















आद्यान्य हाजा

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



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



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





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





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







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



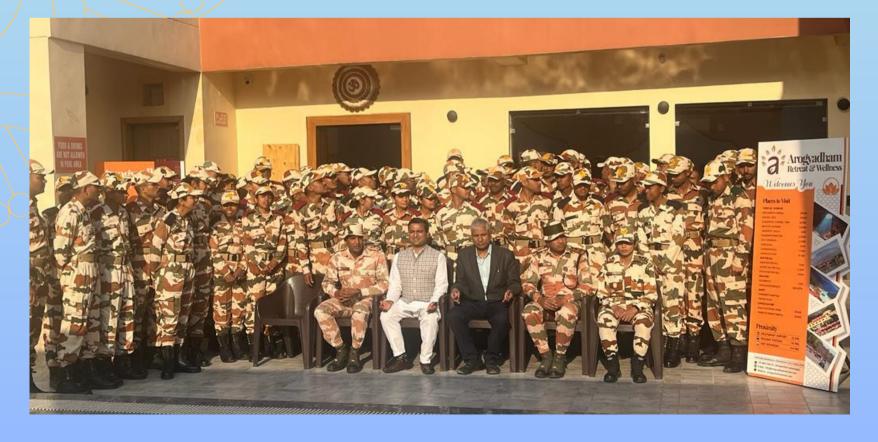


Dr. Rakesh Aggarwal and Dr. Neelam Aggarwal honoured by an appreciation by honorable Smt Pratibha Patil ji, 12th President of India.





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, Uttrakhand 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.



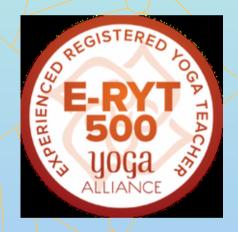






YOGA TRAINING \$ CERTIFICATION

































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



2504 10 20

Session at Trinad and Tabbaco





APPRECIATION LETTERS





ब्रेगेडियर जीवीएस रेडडी

50316/GVSR/DO

Rishikesh Uttrakhand

My Dear Dr Yogi Amit Ray,

 This is to convey my deep appreciation for the lecture delivered by you on 'Stress Management at Sarvatra Juditivrium' on 13 June 2017 for troups of Reginal Multiary Station. You and your team have worked very hard to make this lecture very educative and successful as the stress level for the people in uniform are little higher due to the service conditions. This lecture has gone a long vury in teaching us 'Effective Management of Stress' in day to day life in

यिन - 926906 द्वारा 56 ए पी ओ

I on behalf of all ranks of "Garud Gunners", convey our best wishes and good luck to you and your team in all your endeavours.

4c siwy - C. Land

tri National Academy of Administration, Mussoorie- 248 179 Dated: 16th February, 2021/ 28 মাঘ মুক ইবর 1942

OFFICE ORDER No. - 60

The Competent Authority is pleased to decide that Dr. Neelam Agarwal, Sr. Ayurveda Doctor and Gyne Specialist is appointed as part time Visiting Consultant (Ayurveda) in the Ayust Welhess Centre (AWC). LiSSMAA Mussoorie Initially for the period of six month w.e.f. the date of her first visit to AWC on the following Term & Conditions:

- She will visit Ayush Wellness Centre for consult every alternate Friday from 1200 hrs. to 1400 hrs.
- She will not charge any fee from the patient towards consultation and treatr Ayush Wellness Centre.
- She will be paid a consultancy fee
 Rs. 2000/- per hour and transportation charges
 Rs. 900/ per visit for the purpose of consultation and treatment of the patients.
- 4. She will not be paid any consultation Fee in the absence of scheduled visit.
- If there is public holiday on the day scheduled for visit or Visiting Consultant (Ayurveda) is not in position to visit on schedule day, she may come on next working day for consultation and treatment of the patients in the Ayush Wellness Centre, IESNAA Mussourie
- This is absolutely part time engagement and the period may be extended or discontinued by the Competent Authority of the Academy in public interest without
- The expenses will be borne by the head "Non-Scheme- Revenue

Moneya Brain onika Dhami

To:
Dr. Neelam. Agarwal, Sr. Ayurveda Doctor and Gyne Specialist, Arya Samaj Road.
Muzafarnagar. 251001
Administrative Officer, (Accounts), LBSNAA, Mussoorie
Dealing Assistant (Administration Section), Ayush Wellness Centre File
Resident Doctor, Ayush Wellness Centre, LBSNAA for necessary action [Dr. Jitender
Kumar, Panchkama Resident Doctor,





No. T-14011/181/1/2021-TRG-MCTP Dated: 5th April, 202.1

On behalf of the Academy and the participants of Mid-Career Training Programme Phase-III, 2021, I would like to thank you for sparing time for us and sharing your knowledge and thoughts with us.

In all courses at the Academy we seek the feedback of participants on cont and presentation for various sessions. In this regard, please find enclosed the feedback received for your session.

We hope your association with the Academy will continue in the future as well.

With warm regards.



लेफ्टिनेंट जनरत एम के मागो, ए के एक एक एक एक एक एक प्रमुख रक्षा महाविद्यालय

Lt Gen MK Mago, AVSM, 9504, 504"

18 Nov 2022

Yogi (Dr.) Amrit Raj Arogyadham Retreat & Wellness Tapovan Aamkhala Rishikesh (U.K.)

Dear Yogi Amril Rajji,

I write to thank you for addressing the 62nd NDC on Monday, 31 Oct 2022. The depth and coverage of your talk was extremely engaging and thought provoking. Your views expressed and techniques demonstrated will undoubtedly help the course members in tackling stress in their professional and personal life.

I am enclosing a few photographs taken during

Warm regards

yours discorely

(Ministry of Defence) 6, Tees January Marc



MESSAGE

I am happy to learn that the Arogyadham Global Aids Research Foundation and Maa Research Foundation, Muzaffarnagar is bringing out "A Book that Nourishes Body, Mind And Soul" to create awareness among people about holistic healthcare system and

The activities of the foundation in treating the patients of HIV+ and other various chronic diseases such as Diabetes Mellitus, Migraine and Joint-pains by herbal formulations and voga sessions are

I extend my warm greetings and felicitations to all those associated with the Foundation and wish the Book every success.

> Pratibha Patel (Pratibha Devisingh Patil)

New Delhi



रम ए गणपति, भा.पु.शे. A Ganapathy, IPS



राष्ट्रीय सुरक्षा गारद गर, पालम, नई दिल्ली

APPRECIATION LETTER

On the International Yoga Day on 21st June 2023, you and your team of yoga experts accepted NSG's invitation and held yoga camp in NSG Campus Manesar. Inspite of heavy down pour on that day, you conducted Pranayama, Meditation, Yogic Mudras and briefed our troops and their Amilies regarding advantages of Yoga, Ayurveda, Healing and Life style techniques, I am sure that the Yoga and the lecture you delivered will immensely benefit our troops and will go a long way in maintaining a healthy life style.

2. I would like to extend my gratitude and sincere appreciation for your impeccable service and place on record the contribution you and your team made on the International Yoga Day, 2023.

with best wishes

Arogyadham, Arya Samaj Road, Near DAV College, Muzaffarnagar, Uttar Pradesh-251002.



ऋषिकेश द्वारा दिनांक 18.06.2016 को पुतिस प्रशिक्षण महाविद्यालय, नरेन्द्रनगर में प्रशिक्षणाधीन पुलिस उपाधीक्षकों एवं रैंकर उप निशेक्षक ना०पु० को योग एवं आर्युवेद की महत्ता के राम्बन्ध में विस्तृत रूप से जानकारी देते हुये प्रशिक्ष अधिकारियों को प्रशिक्षण प्रदान किया गया । योगी ठा० अमृतराज दारा पुलिस अधिकारियों एवं कर्मधारियों को प्रशिक्त विभाग की कठिन एवं संवेदनशील सेंच के दौरान उत्पन्न होने वाले तनाव को कम करने में योग की महत्ता से अवगत कराते हुये नियमित रूप से योगान्यास कर स्वरूप जीवन बनाये रखने हेतु प्रशिक्षु अधिकारियों को प्रेरित एवं प्रोत्साहित किया गया ।

योगी डाठ अमृतराज जी द्वारा अपने अति व्यस्त कार्यक्रम में से समय लकर प्रशिक्षु पुलिस अधिकारियों को योग का प्रशिक्षण प्रदान किया गया, जिसके लिये भागूणं पीठटीठलीठ परिवार उनका हृदय से आभार प्रकट करता है । आशा करते हैं कि भविष्य में भी योगी ठा० अमृतराज पुलिस अधिकारियों को योग एवं आर्युवेद विषय पर प्रशिक्षण प्रदान करने में अपना अमृत्य सहयोग प्रदान करते रहेगें ।

में डा० योगी अमृतराज के उक्त कार्य की मृक्तकच्ठ से प्रशंसा करते हुये उनके सुखद एवं मंगलमय् जीवन की कामना करता हूँ ।





I hope that during your stay in the Academy you will find time to access the sports ading facilities in the Academy and also enjoy the sylvan surroundings of Mussoorie.

Wish you a pleasant stay at the Academy.

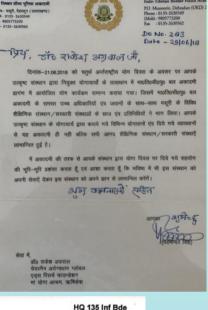


APPRECIATION LETTERS





Once again, I thank you for conducting th





RASHTRAPATI BHAVAN, NEW DELHI

Certificate Of Appreciation

I appreciate and admire outstanding performance

of Dr. Rakesh Agalwal and honor exceptional work done by him to serve the humanity during covid-19 pandemic.

I wish him all the best for future endeavors.



रेन - 900461 ररा 56 ए पी ओ

16 Jun 2022



c/o 56 APO

14 Jan 2019

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

Shi Amit Roy Ji

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 endevours. We pray to God Almighty for your continued success.



Maj Gon Sanjeov Rhatri, VSM

Yogi Dr. Amrit Raj Arogya Dham Global AIDS Research Foundation Maa Yoga Aashram Badrinath Road, Tapovan Aamkhala , Rishikesh - 249192 Uttarakhand

LETTER OF APPRECIATION

The Yoga Practice Session followed by Comprehensive Interaction with the families was appreciated by one and all. I wish the very best to the Arogyadham Team in their efforts in promoting Yoga and Ayuryeda.



25 Jun 18

242/3/8

LETTER OF APPRECIATION

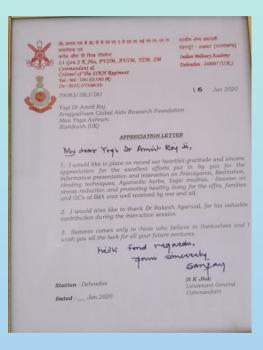
Dear Or Raj,

- 1. It gives me great pleasure to place on record the zool, enthusiasm, commitment and passion with which you conducted the Wholykop or Street Relation and Whileleas at Novy Nagar, Atomaho on 8 Jon 18. It is also a matter of great partie for Indian Naval Ship 18 years that your first workshop in the naval domain was organized and conducted for the crew of the Nathan Naval.
- gave a new meaning and perspective on Wellness and Management of Stress, which has so encroached upon our daily lives. The lesson of Seres, when mis or envisioned agon our early tires. An eason of inculating positivity, making the right choices, consumption of the right foods, the power of breathing and the benefits of Voga have all motivated us to inculate these life changing habits into our daily lives

- 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









ते जनत एस के इस ये से एस एक ए से एस एक वर्ड एस एक एस एस की जनात एवं समावेशक एवं कर्नल औक दी सिख रेजियेन्ट Lt Gen S K Jha, PVSM, AVSM, YSM, SM

Commandant & Colonel of The SIKH Regiment Tele: 964: 5201 (0) 5301 (R) Cw: (0135) 2773264 (0)

TO WHOMSOVER 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.



Dated : 04 April 2018



भारतीय सैन्य अकादमी

देहरादून - 248007 (उत्तराखण्ड) Indian Military Academy

FIND MORE DETAILS ABOUT:

Dr. Rakesh Aggarwal Arogyadham Ayurveda Treatment Center Arogyadham Ayurveda and yoga Retreat Maa Yoga Ashram , Rishikesh





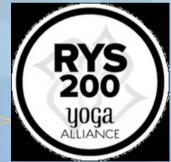




(Ayurveda & Yoga Retreat)











www.arogyadhamhealth.com www.arogyadhamretreat.com www.maayogaashram.com





arogyadham



(Ayurveda & Yoga Retreat)









