

**Name : Ms. Ashwini G Hegde**  
**Organisation : Unnathi, Bangalore**  
**Designation : Management Trainee**  
**Health Problem : Slip Disc**

I am Ashwini G Hegde from Bangalore. I was an Engineering student when I was diagnosed with a Slip Disc. It is a case where the spinal chord experiences a severe pain. I was supposed to get operated in order to be cured of the problem. That was the time when Dr. Saraswathi Hegde introduced me into Pranic Healing. I immediately started taking the Pranic Treatment.

The treatment not only helped me to come out of my physical pain, but also helped me to overcome the fear and trauma which I underwent due to the shock.

Pranic Healing also enhanced my confidence level and has helped me to achieve clarity of mind.

Thus Pranic Healing helped me in continuing my studies and also in pursuing my higher studies in MBA. After completing my post graduation in HR and Operations, I decided to use my skills in spreading the message of Pranic healing and to help many lives to change for the better. This became the beginning of my career with UNNATHI.

I am really thankful to Dr. Saraswathi Hegde and the Healing Department of Unnathi for making me a healthy and a Happy individual.