

**Name: Pooja Doddanavar**  
**Occupation: Interior Designer**  
**Age: 30 yrs.**  
**Health Problem: Torticollis Spasm**

In November 2006, I started getting a slight pain in my neck which I ignored for a month thinking it was just a muscle catch, but the pain persisted and started getting severe. We then consulted a number of doctors who could not accurately diagnose my condition. As time progressed my condition worsened and my head was stuck towards the left and I did not have any control over the movement of my neck. This aggravated the pain and I subsequently started getting shooting pain in my neck and head throughout the day. I was then diagnosed with a condition called **Torticollis Spasm**, where in one of my nerve was irritated and this pulled my neck in one direction involuntarily and to worsen my situation I was told that there is no known permanent medical cure for this. I was totally devastated and had given up on my life. My day to day living was severely hampered.

Then I came across Unnathi Healing Centre in Dec 2007. I was introduced to Dr. Saraswathi Hedge, Madam Vijaya Desai and everybody else at the centre. I underwent healing and twin heart meditation for just about two months in which time I have recovered 90%. I was so amazed with Pranic Healing that I did my basic, advanced and psychotherapy course. Now along with self healing, I try to heal others too. I have completely got back to my day to day activities. And I am leading a very happy and healthy life. **Thanks to Pranic Healing and Unnathi.**