



AMBA

आपनी महिला एवं बाल विकास प्राकृतिक विकसित संस्था

अपनी

Date: 24-01-2020

To Whom It May Concern

Here is to certify that Yoga-Instructor Mr. Kaptan Singh Choudhary S/o Late Mr. Ajit Singh had joined our organization as "Yoga-Trainer and Martial-Arts Instructor" on 8th May 2018 and he has been conducting yoga-classes and self-defence camps here. He mainly teaches Yoga-Asana, apart from that he is at home in martial-arts too. He is a reliable resource of the ancient techniques and methods of Hatha-Yoga and Ashtanga-yoga. Also, he has conducted a few yoga-sessions for the doctors, medical students, yoga-instructors and taught them many hidden and secret ways of practising meditation. He has developed a unique way to provide the actual and vast knowledge of Yoga-therapy. We are glad to see consistent growth in his teaching style. Whenever we need his service, he always come forward.

We wish her all the success and growth in her future.

Dr. Vijendra Parashar
Secretary

