

Dr. Mrs. Punitha Rangaraj,
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I am Dr. Punitha Rangaraj aged 60 yrs and I am a very busy Gynaecologist & Infertility specialist running a Hospital. Due to my busy schedule, I was not able to take time to do any kind of exercise because of that I was gaining weight and I was not able to sit down and my joints were not flexible.

I started to do yoga with the able guidance of Mr. RAMESH for the past 1 ½ years. I find a remarkable change in me, I am able to sit down on the floor. I am very active and lost few kgs of weight and my concentration also has increased.

I feel Mr. RAMESH is a very dedicated, yoga expert and his teaching is very simple and very effective.

I wish him the very best.