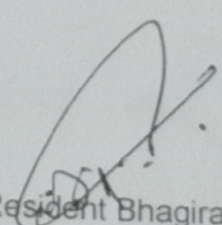


The Administrative Officer  
NOFRA  
Colaba, Mumbai 400005

LETTER OF APPRECIATION GYM TRIANER: SHRI SAGAR MANE

1. I have been a resident of Bhagirathi complex for the past on year and am also an ardent user of the Gymnasium located in the complex. I consider this an obligation to bring to your notice the dedicated efforts put in by Shri Sagar Mane, the Gym trainer at the Fitness center located in the Gangotri/ Bhagirathi Building.
2. I have been a regular member of the Gymnasium and strongly perceive that the person in context is punctual and diligent in his efforts to ensure proper training guidance is extended to all those who visit the gym. As a trainer he has fair knowledge of aerobics and calisthenics for better health and toning. The person displays innovative ways to improve the existing infrastructure and has been motivating in his task.
3. I speak with a sense of responsibility that his efforts have personally kept my motivation levels high during training sessions and I take this opportunity to extend my deepest sense of appreciation for the CANOF staff to have employed an effective trainer like Shri Sagar Mane. The person in my opinion is worthy of being retained for his experience in physical training and admirable gym management.

  
(Resident Bhagirathi)

CO/O Cdr. Saikat Chatterjee  
(OS, Bhagirathi)

(MonoGsa Chatterjee)

Dated: Aug 15





**INDIAN NAVY**

**TO WHOM SO EVER IT MAY CONCERN**

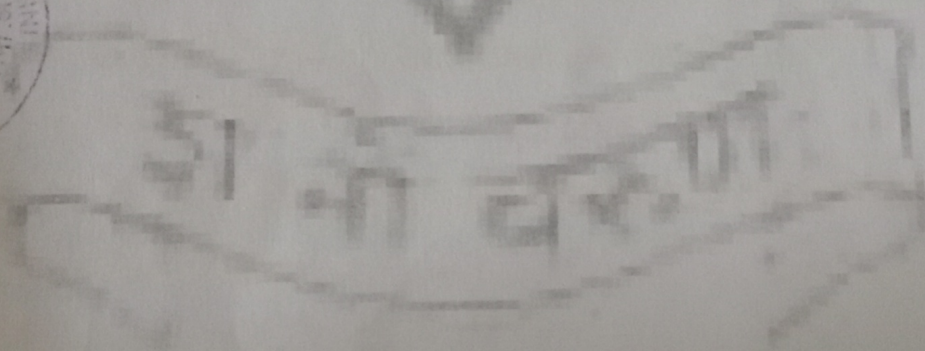
I Surg Cdr. SK Mishra of department of marine medicine in INHS Asvini.

1. I have been a resident – of **Gangotri, Bhagirathi complex of Afghan Church Colaba, Mumbai**, Since past 02 years I am regularly going to Gymnasium located in the complex. And I found that trainer **Mr. Sagar Mane** is an excellent trainer, dedicated, very hard working and professionally very efficient.. He is really an asset to the our organization
2. I wish him very best for his future.

Place: Mumbai

Date: 25 Jan 17

(SK Mishra)  
Surg Commander  
SHEEL KUMAR WISHRA  
SURG. COMMANDER  
RESIDENT MARINE MEDI







*Captain V P Vinayagam*

Chief Administrator (CANOF)

Tel. : 022 - 2215 2931

Fax : 022 - 2215 2945

Email : canofmumbai@gmail.com

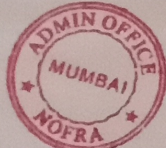
Administrative Office

NOFRA Near RC Church,

Colaba, Mumbai - 400 005

**TO WHOM SO EVER IT MAY CONCERN**

1. This is to certify that **Mr. Sagar Mane** is working as **Gym Trainer** at Equinox Gym, Naval Officers Family Residential Area (NOFRA), Colaba, Mumbai 400 005 w.e.f. **Dec 2013**. He is providing a very high quality of service to all Naval Officers and their dependents. He is cheerful, helpful, sincere and has high integrity to the best of my knowledge.



Place: Mumbai

Date: 25 Jan 2017

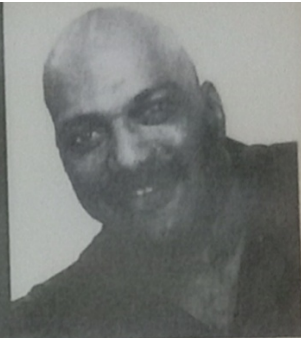
*V P Vinayagam*  
(VP Vinayagam)

Captain

Chief Administrator, NOFRA



Dr. Dhananjay More  
FITNESS SOLUTIONS



TRAINING ❖ CERTIFICATIONS ❖ MANAGEMENT ❖ CONSULTANCY



This certificate attests that

*Sagar Balu Mane*

has met all our requirements to  
develop & implement fitness programs  
for individuals who have been cleared by their  
physician for exercise & physical activity.

**Certified Fitness Trainer**

Date of certification  
05th June, 2014.

Valid through  
04th May, 2017.

**Dr. Dhananjay More**  
Director





*Captain V P Vinayagam*

Chief Administrator (CANOF)

Tel. : 022 - 2215 2931

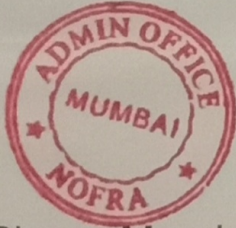
Fax : 022 - 2215 2945

Email : canofmumbai@gmail.com

Administrative Office  
NOFRA Near RC Church,  
Colaba, Mumbai - 400 005.

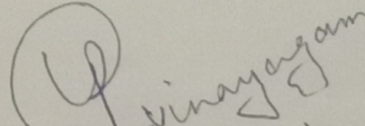
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Place: Mumbai

Date: 25 Jan 2017

  
(VP Vinayagam)

Captain

Chief Administrator, NOFRA