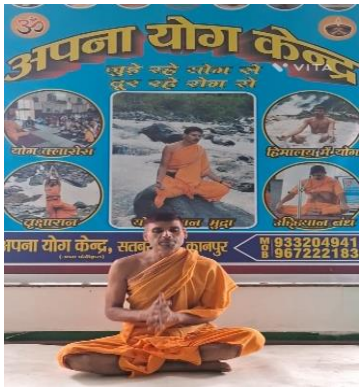
Success Story
of
"Yoga Instructor Course"
Sponsored by
THE DIRECTORATE GENERAL OF RESETTLEMENT
For
Retiring/Retired JCOs/ORs & their Equivalent

Name	**SGT Mahesh Kumar Pandey (Retd. IAF Person)**
Service No.	744025-A
Address	73 New Azad Nagar, Satwari Road, Kanpur, U.P.- 208011
Contact Number	9332049417
Email Id	mkpandey025@gmail.com
Name of Course	Yoga Instructor
Duration	31.08.21 to 30.10.21
Venue of Training	MSME Technology Development Centre (PPDC) Meerut



SGT Mahesh Kumar Pandey, resident of District Buxar Bihar, joined Indian Air Force in December 2001. After serving the country in the Indian Air Force for a period of 20 years, he retired on 31 December 2021. His interest was in the fields of yoga and martial arts. Hence, he participated in **Yoga Instructor training program** conducted at MSME Technology Development Center (PPDC), Meerut before retirement of his service from the Indian Air Force.

During his training period, he gained broad and balanced knowledge of yoga concepts, principles and practices as well as entrepreneurship, communication skills and other personal skills.

After retirement from Indian Air Force, he decided to make his passion his profession. His dream came true in the year 2022 when he opened a yoga center by the name of **Apana Yoga Center at 73 New Azad Nagar, Satwari Road, Kanpur** with the enterprise registration number **Udyam-UP-43-0030912**.

Today, Mr. Mahesh Kumar is earning approximately **Rs. 40,000/- per month** through Yoga Centre. Mr. Mahesh Kumar is also giving employment to 04 other people along with him. He encouraged many others people to practice yoga by demonstrating the psychological and physical benefits of meditation and asana.

According to him, he is very gracious to MSME Technology Development Centre, Meerut and The Directorate General Resettlement (DGR), New Delhi who have played a vital role in achieving his goals. His dedication towards yoga is really appreciable.




अपना योग केन्द्र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