

JEENA SIKHO[®] LIFECARE LIMITED

(Formerly known as Jeena Sikho Lifecare Private Limited)

REGD OFFICE: SC0-11, Kalgidhar Enclave, Baltana, Zirakpur, Punjab-140604, 01762-513185

Branch: B-26, Opp. Metro Pillar No. 223, Rohtak Road, New Multan Nagar, Delhi - 110056

CIN NO.: L52601PB2017PLC046545

Email ID.: cs@jeenasikho.co.in

Ref. No. HR/JSLL/OS/2025/E/105

Dated 18/01/2025

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Mr. Manu Dung S/o Mr. Mahender Singh** has worked with us as a **Therapist at Ghaziabad -Vaishali** from **02-03-2022 to 31-12-2024**.

During his tenure, his performance was good and to the satisfaction of the management. He left the organization on his own accord.

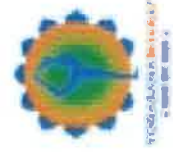
We wish him all the success in his future endeavors.

With Good Wishes

From Human Resource
For JEENA SIKHO LIFECARE LIMITED


HR MANAGER
Jeena Sikho Lifecare Limited

Date: January 18, 2025



DELHI OLYMPIC
ASSOCIATION



6th District level Yogasana Sports Championship 2026-27

Organised by:-

District Yogasana Sports Association North-East Delhi

Affiliated to:- YOGASANA INDRAPRASTHA Recognised by- Delhi Olympic Association

Affiliated to:- YOGASANA BHARAT

Certificate of Apperciation

This is to Certify that Mr./Ms.

Manu Durg

Son / Daughter of Shri

..... has Performed

his/her Remarkable Duty as TECHNICAL OFFICIAL/SSV/COACH
in 6th District level Yogasana Sports Championship 2026

on 18 & 19 July, 2026. Venue- Chaudhary Palace, (Sansad Camp Karyaly) East Jyoti Nagar, Loni Road North East Delhi

Rachit Kaushik
President
(IPTSA)

Satya Dev Choudhary
SECRETARY DYSA (N E)

Ravi Prakash Deval
Competition Director

Niktin Ojha
Championship Manager



6th District Level Yogasana Sports Championship 2026-27

Organised by

DISTRICT YOGASANA SPORTS ASSOCIATION SOUTH-WEST

Affiliated to **YOGASANA** INDRAPRASTHA (Delhi) Recognised by- Delhi Olympic Association

Affiliated to Yogasana **Bharat**

Certificate No. : SW/6DYSC/APP/26/11/TO

Certificate of Appreciation

This certificate is awarded to Mr./Mrs. Manu Dunga Technical Officer
who has given his/her precious time and expertise as

For the successful completion of the Yogasana Championship held
on **19th & 20th Aug. 2026** at **Shanti Gyan Niketan Sr. Sec. School,**

Goyla Khurd, Near Sec-19 Dwarka, New Delhi-110078

Rachit
Rachit Kaushik
President
Yogasana Indraprastha

Anshu Tyagi
Anshu Tyagi
Secretary
Yogasana Indraprastha (Delhi)
DYSA South-West Delhi

Pawan Kumar
Pawan Kumar
Championship Director
Mr Aakash Khurana
Mr Aakash Khurana
V. Principal
SGN School



Ministry of
AYUSH
Govt. of India

सत्यमेव जयते



INTERNATIONAL DAY OF YOGA 2019

Certificate of Appreciation

It is certified that

Manu Singh

has conducted International Day of Yoga 2019 organised by INTERNATIONAL NATUROPATHY ORGANISATION (INO), SURYA FOUNDATION & Supported by Ministry of AYUSH, Govt. of India at

The event was a grand success. We highly appreciate your efforts, dedication and express our gratitude.

We wish you a bright future and healthy life.

Jaiprakash

Jaiprakash
Chairman,

Surya Foundation & INO

Anant Biradar

Anant Biradar
National President,
INO

www.inosurya.com

www.suryafoundation.org



**BRAHMRISHI YOGASHRAM
&**

INTERNATIONAL NATUROPATHY ORGANISATION
(East Delhi)



ORGANISING

**ONE DAY WORK SHOP ON PAIN MANAGEMENT
FOR CERVICAL SPONDYLITIS & BACK PAIN**

CURE THROUGH, SU-JOK ACUPRESSURE & NATUROPATHY- YOG

Sunday, 07th, July 2019

Certificate of Participation

This is to certify that Mr./Mrs./Dr

Manu Singh

*has Participated as a Delegate
at Brahmurishi Yogashram, Shahdara, Delhi
We wish her /him a healthy and happy life.*

Krishna Kanta

Brahmavadini Swami Krishan Kanta ji Maharaj
President International Brahmurishi Mission
(Pinjore Haryana)

P.K. Suri

P.K. Suri
National Gen. Sec.
International Naturopathy Organisation

Yogacharya Yudhishter Paul

Yogacharya Yudhishter Paul
President International Naturopathy Organisation
(Delhi NCR)

Courtesy :

DIVINE HEALTH CARE



Since 1993
Centre for Training of Naturopathy-Yog & Su-Jok Acupressure
Mob.: 9811006255, 9250941217

CERTIFICATE OF ADVANCE MASSAGE THERAPY



This is to certify that Mr/Mrs./Miss..... **MANNU DUNGI**.....

S/O W/O D/O..... **MAHENDER SINGH**..... got training in

Advance Massage Therapy under Guidance Of Massage expert from Wardha (Maharashtra) Dr. Dhananjay Kumar Kutemate. The course was organized by Prakritik Jeevan Kendra, Harijan Sevak Sangh, Kingsway Camp, Delhi-110009 from Sept. 19th 2015 to Sept. 23th 2015



Camp Organizer



Secretary
Harijan Sevak Sangh

In The memory of late Dr. Sahib Singh Verma Former chief minister Delhi

1st Swabhiman Sports Festival 2016

Organised by

Swabhiman

Sports

2016



Late. Dr. Sahib Singh

Swabhiman Sports Board

Merit - Participation Certificate

This is to certify that Master/Ms. Mamun Dzung of _____

has participated in 1st SWABHIMAN SPORTS FESTIVAL on 04th Nov. 2016, at
DDA Sports Complex Dwarka Sec - 10 and She / He has secured _____

In _____ Championship

Shri. Parvesh Verma M.P. West Delhi
Member of parliament Lok Sabha

New Delhi

Warrant Officer (Retd.)

Kuldeep Rana, NIS
Chairman

Swabhiman Sports Board

Shri. Tarun Mathur
Hamari Pehchaan NGO
Mahipalpur New Delhi



A CanSupport Initiative



Certificate of Participation

This certificate is presented to

MAHENDRA

*For joining the global fight against cancer by
participating in CanSupport's 'Walk for life'
on 4 February 2018 in New Delhi, India.*

Principal Sponsor:



Harmala Gupta
President

CanSupport



PSPB



SOLDIERATHON

DELHI HALF MARATHON



Powered By

hindustantimes

Co-Sponsored By

CONVERGY'S

It is Certified that Mr/Ms. Manu Singh

participated in Soldierathon in Half Marathon / 10 KM / 5 KM / 3 KM and has successfully completed .

Date - 11 March 2018

New Delhi

Arvind Bijwe

Race Director

JAI HIND

Major Surendra Poonia, VSM

Founder

Powered By
hindustantimes

Co-Sponsored By
CONVERGY'S

SELECT CITYWALK

JET AIRWAYS

BLOT CANVAS

Peregrine

Feller

Hero

Hero

Hero

Hero

Hero

Hero

Hero

Hero

Hero



Shuddhi Ayurveda Panchkarma Hospital

(A UNIT OF JEENA SIKHO LIFECARE LTD.)

B-26 New Multan Nagar, Paschim vihar, New Delhi-110056

Certificate of Participation

This is awarded to

Manu Durg

for participating in 4 days

"THERAPIST PANCHKARMA TRAINING PROGRAMME "
held from 21/05/2022 - 24/05/2022.

Dr. Nidhi Puniya

Medical Suprintendent Panchkarma Specialist

Dr. Rahul Singh

Manager

Mrs. Vandana Takkar



गांधी स्मृति एवं दर्शन समिति
राजघाट, नई दिल्ली-2

योग एवं प्राकृतिक चिकित्सा को समझने और समझाने का सुन्दर आयोजन

गांधी स्मृति एवं दर्शन समिति तथा गांधी स्मारक प्राकृतिक चिकित्सा समिति
के संयुक्त तत्वावधान में आयोजित

योग एवं प्राकृतिक चिकित्सा कार्यशाला 2017

1 मार्च, 2017 से 10 मार्च, 2017

सहभागिता प्रमाण पत्र



गांधी स्मारक प्राकृतिक चिकित्सा समिति
15 राजघाट कालोनी, नई दिल्ली-2



श्री / श्रीमती / कुमारी
अध्ययन केन्द्र

Manu Dand
DEHLI



दीपांकर श्री ज्ञान
निदेशक

गांधी स्मृति एवं दर्शन समिति,
राजघाट, नई दिल्ली-2



लक्ष्मीदास
अध्यक्ष

गांधी स्मारक प्राकृतिक चिकित्सा समिति,
राजघाट, नई दिल्ली-2



सत्यमेव जयते
Government of India

Ministry of AYUSH

International Yoga Fest

A Curtain Raiser for International Day of Yoga

»» March 08-09, 2017 »»

&

Post Fest Yoga Workshops

By Eminent Yoga Masters

»» March 10, 2017 »»



Yoga for Harmony & Peace

Certificate of Participation

ShAAs/Mr/Dr. *Manu Singh*

Regd. No. 1685

from *MDNIY* has participated in the Seminar / Workshops of International Yoga Fest organized by Ministry of AYUSH, Govt. of India & Morarji Desai National Institute of Yoga (MDNIY), New Delhi from 08th – 09th March, 2017 at Talkatora Indoor Stadium, New Delhi – 110004 & Post Fest Yoga Workshops by Eminent Yoga Masters on 10th March, 2017 at MDNIY, New Delhi.



Organised by :

Morarji Desai National Institute of Yoga

Ministry of AYUSH, Govt. of India

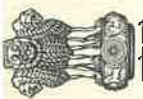
68, Ashok Road, Near Gole Dak Khana, New Delhi – 110 001

E-mail: mdniy@yahoo.co.in, Website: www.yogamdniy.nic.in

Dr. Ishwar V. Basavaraddi

Dr. Ishwar V. Basavaraddi

Director



Government of India
Ministry of AYUSH

INTERNATIONAL YOGA FEST NEW DELHI

A Curtain Raiser for International Day of Yoga-2018
March 21-23, 2018

**&
PRE FEST YOGA WORKSHOPS**
March 19-20, 2018



CERTIFICATE OF PARTICIPATION

Mr./Ms./Dr. MANU DUNG

Regd. No. A-1107

from MDNIY

has participated in the International Yoga Fest-2018 organized by Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India, New Delhi from 21-23 March, 2018 at Talkatora Indoor Stadium, New Delhi & Pre Fest Yoga Workshops from 19-20 March, 2018 at MDNIY & Yoga Centres of SAI Stadia, New Delhi.



Morarji Desai National Institute of Yoga
Ministry of AYUSH, Government of India
68, Ashok Road, Near Gole Dak Khana, New Delhi-110001
Ph: 011-23714732, 23730417-18, Telefax: 011-23711657
Email: mdniy@yahoo.co.in Website: www.yogamdniy.nic.in

Basavaraddi
Dr. Ishwar V. Basavaraddi

DIRECTOR

आयुष्यम्

(योग एवं प्राकृतिक चिकित्सा संस्थान)

Under the aegis of

AIMO Management Development Centre

45A Vishwas Nagar Institutional Area, Near Karkardooma Court, Behind ICAI Institute, Delhi - 110032



प्रकृति से हम है, प्रकृति हमारे लिए है।
Nature - Care For Sure

CERTIFICATE/DISTINGUISHED SERVICE

— AWARD —

This is to Certify that Mr./Mrs./Miss Manu Durg
S/o Daughter of Mahender Singh R/o T-455/13-4 Baljeon Ngr
has done internship for naturopathy treatment in our hospital from 01/04/2016
to 30/09/2016. He/She is being trained and now can work as a naturopathy therapist

under the Guidance of Doctors.

He/She is very hard working, sincere and obedient to his seniors, colleagues and patients.

We wish him/her every success in his/her life.

H.O.D/Trustee/Auth. Sign.

Navyoga Code.....

NAVYOGA & REIKI HEALING SCIENCE
Delhi (India)
Affiliated with
**SURYODAYA SEVA SAMITI®
& PRANAV URJA®**
(Regd. under Govt. Societies Registration Act XXI of 1860)



CERTIFICATE

This is to certify that

Ms. Manu Dang

has attained necessary knowledge

& Practice of Pranav Urja

The Science of

Meditation

Reiki Healing Technique

in Yogic Science & Natural Healing

on 12/02/2017 at Delhi

Dr. Navdeep Joshi

Founder Director & REIKI Grand Master



Dr. Manjari Joshi

Founder Director & REIKI Grand Master

GANDHI SMARAK PRAKRITIK CHIKITSA SAMITI (REGD.)

15, RAJGHAT COLONY, NEW DELHI-110002

(SPONSORS)

S.No. 12711

Enrolment No..... DEC/15/41261



DIPLOMA IN NATUROPATHY & YOGA

This is to certify that Mr/ Miss/Mrs. **MANU DUNG**
son/Daughter/Wife of Shri. **MAHENDER SINGH**

having satisfied the Samiti of his/her proficiency in the examination of Theory & Practical of Naturopathy & Yoga held in June/December..... **DECEMBER, 2017**..... is awarded the Three and Half Years Diploma in Naturopathy Yoga (N.D.D.Y.)

In witness whereof the Chairperson and the Secretary of the Gandhi Smarak Prakitik Chikitsa Samiti, Delhi hereby set their signatures and the seal of the Samiti.

Examination Centre..... **GANDHI NATIONAL ACADEMY OF NATUROPATHY, RAJGHAT, NEW DELHI**

16/07/2019.

Dated



Secretary




Vice Chairman

GANDHI SMARAK PRAKRITIK CHIKITSA SAMITI (REGD.)

15, RAJGHAT COLONY, NEW DELHI-110002

(SPONSORS)



Practitioner Member Enrolment No **8451**

State **DELHI**

CERTIFICATE

On being assured of adequate knowledge of Nature Cure Yoga and with the pledge of observing the rules of Naturopathy Mr/Miss/Mrs **MANU DUNG** **SH. MAHENDER SINGH** **LIFE LONG** **is enrolled as nature cure yoga practitioner member for**

Dated **30-06-2023**


Secretary




Chairman



CERTIFICATE

3rd State Level Yogasana Judges Training Program 2024-25

Organized by
YOGASANA INDRAPRASTHA (Delhi)

Reg. No. 127/2024

Associate Member of **Delhi Olympic Association**

Affiliated with **Yogasana Bharat**, Associate Member of Indian Olympic Association

Recognised by: **Ministry of Youth Affairs and Sports, Govt. of India**

Certificate No. **3JTP / J - 39**

MANU DUNG

from WEST District
of Delhi has participated FIVE DAYS Virtual
and TWO DAYS PHYSICAL Judges Training Program
for : Level 1 ☒ Level 2 ☐

organized by Yogasana Indraprastha (Delhi)

under proper guidance of

Yogasana Bharat (Previously known as NYSF).
We are Pleased to Certify & Honour him/her as JUDGE
for his/her contribution in the said Program.

This Certificate Issued as per Guidelines of Yogasana Indraprastha



Rachit Kaushik
(President)
(Yogasana Indraprastha)

Chanderkant Sharma
(Education & Training Director)
(Yogasana Indraprastha)

Dr. Rajesh Yadav
(Project Director)
(Judges Training Program)

उत्तराखण्ड मुक्त विश्वविद्यालय UTTARAKHAND OPEN UNIVERSITY

Enrollment Number : 15073245



बैचलर ऑफ योग एण्ड नैचुरोपैथी

प्रमाणित किया जाता है कि

मनु डुंग

को निर्धारित पाठ्यक्रमों का अध्ययन पूर्ण करने और

वर्ष **2017-18**

की परीक्षा **प्रथम** श्रेणी में उत्तीर्ण करने के उपरान्त

बैचलर ऑफ योग एण्ड नैचुरोपैथी

की उपाधि प्रदान की जाती है।

Bachelor of Yoga and Naturopathy

This is to certify that

Manu Dung

after having successfully completed the prescribed courses of study in
the Year **2017-18**

Examination of the University with the **First** Division is hereby awarded the
Degree of

Bachelor of Yoga and Naturopathy

उत्तराखण्ड मुक्त विश्वविद्यालय
हल्द्वानी, नैनीताल, उत्तराखण्ड

Uttarakhand Open University
Haldwani, Nainital, Uttarakhand

Date :03-Dec-2019



कुलपति
Vice Chancellor



उत्तराखण्ड मुक्त विश्वविद्यालय UTTARAKHAND OPEN UNIVERSITY

Enrollment Number : 15073245



मास्टर ऑफ आर्ट्स (योग)

प्रमाणित किया जाता है कि
मनु डुंग
को निर्धारित पाठ्यक्रमों का अध्ययन पूर्ण करने और
जून-2021
की परीक्षा प्रथम श्रेणी में उत्तीर्ण करने के उपरान्त
मास्टर ऑफ आर्ट्स (योग)
की उपाधि प्रदान की जाती है।

MASTER OF ARTS (YOGA)

This is to certify that

Manu Dung

after having successfully completed the prescribed courses of study in

JUNE-2021

Examination of the University with the **First** Division is hereby awarded the

Degree of

MASTER OF ARTS (YOGA)

उत्तराखण्ड मुक्त विश्वविद्यालय
हल्द्वानी, नैनीताल, उत्तराखण्ड

Uttarakhand Open University
Haldwani, Nainital, Uttarakhand




व्यवस्थापक

Vice Chancellor

Date :28-Dec-2021







आयुष्यम्

Mob.: 8130340555
9818461211

योग एवं प्राकृतिक चिकित्सा संस्थान

(under the aegis of AIMO Management Development Centre)
45-A, VISHWAS NAGAR INSTITUTIONAL AREA,
NEAR KARKARDOOMA COURT, BEHIND CA BUILDING DELHI-110032

Ref. No.....

Date : 10/05/2018

EXPERIENCE CERTIFICATE

TO WHOM SO EVER IT MAY CONCERN

This is to certify that **Mr. Manu Dung** S/o of Sh. Mahender Singh R/o of T-455/B4 Patel Nagar, Shadipur New Delhi has served as trainee and therapist for naturopathy treatment in our hospital since 1st April 2016 till 28 Feb 2018. He is capable to work as a naturopathy therapist under the guidance of doctors. He was sincere in his work and possesses good character. We wish him every success in his life.

For AIMO Management Development Centre


(SHIV KUMAR DEYAL)

(Authorised Signatory)

गांधी स्मारक प्राकृतिक चिकित्सा समिति Gandhi Smarak Prakritik Chikitsa Samiti

(Registered under Societies Registratin Act. XXI of 1860, No. S/4706)

Branch Office : Gandhi Darshan, Gandhi Hat, Gate No.-2,
(Near Rajghat Parking) New Delhi-110002

E-mail : prachirajghat@rediffmail.com, prachirajghat@gmail.com



अध्यक्ष : लक्ष्मीदास

मंत्री : डॉ. पुनीत कुमार मल्लिक

Tel. - 011-23319623

Office : 9625282367

Mob. : 9212724616

Ref. No. 1906/A/2022-23

Date
10/02/2022

अनुभव प्रमाण—पत्र

प्रमाणित किया जाता है कि श्री मनु डंग सुपुत्र श्री महेन्द्र सिंह निवासी—
टी-455/बी-4, बलजीत नगर, पटेल नगर पुलिस स्टेशन, एस०ओ० सेन्द्रल, दिल्ली
— 110008 द्वारा गांधी स्मारक प्राकृतिक चिकित्सा समिति, 15, राजघाट कालोनी, नई
दिल्ली — 110002 ने वर्ष मई 2017 से जून 2019 तक योग-ध्यान प्रशिक्षण का कार्य
किया है। उक्त अवधि के दौरान मनु जी को योग विज्ञान और प्राकृतिक चिकित्सा का
ज्ञान देने में सक्षम पाया। उनके द्वारा इस विधा को अपने छात्रों को दैनिक जीवन में
अपनाने के लिए प्रेरित किया।

संस्था द्वारा आयोजित विभिन्न गतिविधियों में भी समय-समय अपना सहयोग भी
देते रहे हैं।

मैं, इनके उज्ज्वल भविष्य की कामना करता हूँ।

विनम्र


(डा० पुनीत कुमार मल्लिक)
मंत्री



Registered Office : 15, Gandhi Smarak Nidhi, Rajghat Colony, New Delhi-110002

प्रवृत्तियाँ : (1) गाँधी नेशनल एकेडमी ऑफ नेचरोपैथी,
(3) प्राकृतिक चिकित्सा एवं शिक्षण—प्रशिक्षण केन्द्र,
(5) राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान, नोएडा

(2) प्राकृतिक उपचार मासिक पत्रिका,
(4) महात्मा गाँधी प्राकृतिक जीवन विद्यापीठ, सेवाग्राम, वर्धा (महा.)



Morarji Desai National Institute of Yoga

(An autonomous organization under Ministry of AYUSH, Govt. of India)

68, Ashok Road, Near Gole Dak Khana, New Delhi - 110 001

Telefax : 011-23711657 E-mail : mdniy@yahoo.co.in

CERTIFICATE COURSE IN YOGASANA (FOR HEALTH PROMOTION)

Enrolment No.CCYA/XVI/1212....



Certificate of Participation

This is to certify that Shri/Smt./Kum/Dr....Manu Dung.....
S/o/D/o/W/o Sf. Mahender Singh.....has
participated in the Certificate Course in Yogasana for Health Promotion
conducted by Morarji Desai National Institute of Yoga, New Delhi from
01-10-2017 to 31-12-2017, 04:30 pm to 07:30 pm on Monday, Wednesday and
Friday.

This is three month (120 hours) part-time Yoga Training Course for Health
Promotion.

Place: New Delhi

Date : 31st December, 2017

Basavaraddi

DIRECTOR

डॉ० इश्वर वी. बसवारडि
Dr. Ishwar V. Basvaraddi,

निदेशक/Director

मोरजी देसाई राष्ट्रीय योग संस्थान
Morarji Desai National Institute of Yoga
(अधीनस्थ आयुष, प्रचालन, भारत सरकार)
(Under Ministry of AYUSH, Govt. of India)
68, अशोक मार्ग, नई दिल्ली-110001
68, Ashok Road, New Delhi-110001