



**Department of Technical Education, U.P. Govt.**

**Institute of Research Development & Training, U.P., Kanpur**



Ref No.: TR-YHMBS/Jan-23/12

**CERTIFICATE**

This is to certify that Mr./Ms./Smt. **Amod Kumar, Lecturer (Stenography)** of **Government Polytechnic Saharanpur** has successfully completed the Short-Term Training Programme on "**Yog-Harmony of Body, Mind and Soul**" organised by Institute of Research Development & Training, U.P., Kanpur from 02<sup>nd</sup> January 2023 to 06<sup>th</sup> January 2023.

(Pravesh Verma)

Training Coordinator

(D K Verma)

Training Officer

(K. Ram)

Director