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My first interaction with Ms. Charul Mishra was four years ago, when she joined our ' Anandmaya Yoga School' as a student. She was battling with an auto-immune disease and yoga and meditation practice really helped her in that difficult phase. Later she joined as an instructor and is currently conducting classes and workshops at our institution.

I found Charul to be a very hard working, dedicated individual. Her inquisitive nature in the studios has impressed me a lot. Her proficiency in the practice of asana (physical postures), and understanding of the depths of its age-old tradition, are truly phenomenal and an inspiration for others. During internship she has made some excellent presentations along with her yoga physiology teacher at our yoga school.

Because of her creative background she has been part of organizing various workshops and events in private schools and colleges. I would like to state a particular event organized by our school for 'Managing Youth Addictions through Yoga' in a private school where she demonstrated initiative and remarkable leadership qualities by single handedly addressing 50-80 high school students. This made me really proud and happy and we decided to give her a full time job opportunity. Charul is one of the most genuine and dedicated yoga practitioners I've met in the 15 years of my experience. Her great respect for yoga, for the people that attended her classes and work ethics with her fellow teachers, is unparalleled. Her presence alone is peaceful but yet disciplined.

She has always been interested in the therapeutic benefits of yoga and later did ' yoga therapy course' with our school where she deeply studied anatomy

and physiology and the science behind the various postures and their benefits to our body internally. I am confident that she has a bright future and shall be a valuable asset, to your Institution. An opening to study further, and gather knowledge at a good Institution, shall surely help her further evolve onto a worthy Professional.

It's with a deep conviction, I recommend Ms. Charul Mishra for a course in kinesiology at your University.