



AMPS Global Health Awareness Foundation

Mamta Shah

Yoga Therapist & Community Wellness Leader

Contact: 9833056932 / 9619322058

Website: amsglobalhealthawareness.org

Professional Certifications & Achievements

- 1. Yoga Master – Ministry of AYUSH, Government of India**
- 2. Yoga Therapist and Nutritionist – The Yoga Institute, Mumbai, India**
- 3. Yoga for Cancer Rehabilitation and Recovery – The Yoga Institute, Mumbai, India**
- 4. Advanced Pranayama, Bandh, Mudra and Meditation – The Yoga Institute, Mumbai, India**
- 5. Advanced Therapy for Knee Pain, Cervical Spondylosis, Lower Back Pain, Diabetes, Blood Pressure and 80+ Diseases and Conditions – The Yoga Institute, Mumbai, India**
- 6. Advanced Bhagavad Gita – ISKCON, Mangalore**
- 7. Associated with Max Hospital for Cancer Survivors Mental Health**
- 8. Associate with Yoga Alliance – USA**
- 9. Art of Yoga Teaching – Vietnam**
- 10. Felicitated with 'Kohinoor Bharat Gaurav Samman' Award**
- 11. Received Award from Vietnam for Teaching Eye Health Awareness Care**
- 12. Founder – AMPS Global Health Awareness Foundation**

Social Initiatives & Community Work

- 1. Launch of 'Aao Aage Badhen' initiative supporting underprivileged women**
- 2. Launch of 'Swasth Bharat' initiative supporting underprivileged children**
- 3. Organising and conducting multiple health camps across communities**
- 4. Weekly food distribution for more than 250 underprivileged people in slum areas**
- 5. Health awareness and mental health programs with Mumbai Police**