“I injured my back last year, and it became very difficult for me to manage daily activities and sit for long hours at work. Under the guidance of my physiotherapist, Guru, I was able to overcome these challenges and regain my strength. He is highly professional, extremely supportive, and has in-depth knowledge of his field. I am truly grateful for his help and would highly recommend him to anyone in need of physiotherapy

- geetam sharma

Training with Guru Sir for 5–6 months has been a game changer! I’ve gone from 80kg to 74kg, losing fat while maintaining muscle. His focus on form, rehab, and building the right foundation set him apart — he ensures every movement is safe, effective, and tailored to you.

Thanks to his guidance, I’ve not only gained strength and definition but also learned to train pain-free and prevent injuries. If you want real, sustainable results with expert supervision, Guru Sir is the one! 💯🔥

- vaibhav malani