

## **Dr. Yogesh Kumar Bhatt**

### **CURRICULUM VITAE**

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#### **WORK EXPERIENCE**

Working as a **Yoga instructor** at Yoga Sadhana Kendra, Malviya Bhawan, Banaras Hindu University since 31<sup>st</sup> January, 2001 till date.

#### **DUTIES AND RESPONSIBILITIES**

- Taking classes for certificate course for whole year & diploma course once in a academic year starting from July till May.
- Taking classes whose comes from different places especially outside Varanasi & foreign students.
- Cure disease with the knowledge of yoga & naturopathy.
- Day-to day official yoga department related work.

#### **EDUCATIONAL QUALIFICATION**

<b>PHD – Yoga</b>	2010
Faculty SVDV, Agam Department, Banaras Hindu University, Varanasi	
<b>PG Diploma in Agam Tantra</b>	2006
Faculty SVDV, Agam Department, Banaras Hindu University, Varanasi	
<b>Sarvardarshan (M.A.)</b>	2004
Rashtriya Sanskrit Sansthan, New Delhi	
<b>Acharya (M.A. - Sankhya yoga Gold Medalist)</b>	2002
Rashtriya Sanskrit Sansthan, New Delhi	
<b>Diploma in Yoga Education</b>	2000
G.S. College of Yoga & Cultural Synthesis, Kaivalyadham, Lonavala	
<b>Teachers Training Certificate Course in Yoga</b>	1999
G.S. College of Yoga & Cultural Synthesis, Kaivalyadham, Lonavala	
<b>C.C.Y.P. and Diploma in Yoga</b>	1998
Yoga Sadhana Kendra, Malaviya Bhawan, BHU, Varanasi	
<b>Acharya (M.A. – Jyotish)</b>	1996
Sampoornanda Sanskrit Vishwavidalya, Varanasi	
<b>Shastri (B.A.)</b>	1994
Sampoornanda Sanskrit Vishwavidalya, Varanasi	

## **SEMINAR / CONFERENCES**

- International Teacher's Training in course in practical yoga jointly organized by yoga – Sadhana Kendra, Malaviya Bhawan, Banaras Hindu University & Wonkwang Digital University, the Republic of Korea held annually from January 2008-2013.
- International CME on Yoga in Modern World in the current millennium & annual meet of Indian academy of yoga held on October 18 – 19, 2008. I was chair person – yoga demonstration.
- Symposium on yoga & health “Current Trends” from 21-22 January, 2007. I was chair person – yoga demonstrator in this symposium.
- Seminar in Kalidas Academy in the favour of Sanskrit Day on topic “Practical Aspect of Asana & Pranayama” from 19-20 August, 2006.
- International Teacher's Training in course in practical yoga jointly organized by yoga – Sadhana Kendra, Malaviya Bhawan, Banaras Hindu University & Wonkwang Digital University, the Republic of Korea held from 06 to 24 February, 2006.
- International CME on Yoga therapy in the current millennium & annual meet of Indian academy of yoga held on March 12 – 14, 2005.
- International seminar on ‘Yoga & Naturopathy: A Potent Treatment System’ held on 30 November – 01 December, 2005.
- National seminar on ‘Yoga & Naturopathy education in India: Challenges and Solutions’ from 30 November – 01 December, 2004.
- UGC National conference on physical education, sports, medicine & health held on November 03-04, 2003.
- International symposium on yoga in new millennium & annual conference of Indian academy on yoga (27 – 28 April, 2003)
- World congress on alternative medicine, sports, science, yoga & naturopathy (23 – 24 July, 2000).
- Golden jubilee celebration ceremony of G.S.College of yoga & cultural synthesis, hosted by Kaivalyadhama S.M.Y.M. samiti (Lonavala) from April 21 to 23, 2000.
- National seminar on technology, medicine in sports, science & physical education held from 25 – 26 June, 1999.
- Symposium on spiritual health (April 12, 1998).

## **AREAS OF EXPERTISE**

Asanas  
Pranayama  
Meditation  
Shatkarmas  
Mudra & Bandh  
Kundalini Yoga  
Raj Yoga  
Hath yoga  
Public Speaking  
Communications  
Motivator  
Problem solving skills

## **ACCOMPLISHMENTS**

- Prepared school students IXth standard yoga syllabus for Chhattisgarh Sanskrit Board.
- Wrote book in Yoga named "Hathyogaabhyassviddhi" in Hindi.
- **Gold Medalist** in Sankhyayoga Acharya with 73% from Rastriya Sanskrit Sansthan, New Dehli.

## **SUMMARY OF QUALIFICATIONS**

- Substantial understanding of the philosophy of yoga. Knowledge of various yogic texts like Hathyogapradipika, Gheranda Samhita, Patanjali Yoga Sutras, Bhagvad Gita & many more with Sanskrit verses
- Immense ability to ensure proper use of equipment and exercise techniques.
- Profound ability to study the physical conditions of the students and decide which exercises will suit - which student
- Extended ability to demonstrate many different positions and techniques
- Excellent knowledge all types of yoga for different age of individual & the therapy requirement according to their diseases