

**MR. SANDEEP KUMAR (YOGACHARAYA)**  
**(YOGA & MEDITATION BRAND AMBASSADOR, AMITY UNIV.)**  
**Yoga Instructor & Wellness Coach**

Yoga Faculty at Amity Institute of Indian System of Medicine (AIISM)  
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**Awarded by Human Health Development Society of Patna (Bihar)**  
**on 16 July 2023 with Dr. Ambedkar International Social**  
**Honorable Award at Bihar Vidhaan Sabha.**

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### **SPECIAL ACHIEVEMENTS:**

1. Conducted Yoga for Health & Harmaony at IIT Kharagpur in 2018.
2. Conducted Longest Virtual Yoga Drive on International Yoga Day, 2020 in association with Dashansh Foundation.
3. As a wandering yogi, I visited Thailand, Malaysia, Moscow, St. Petersburg and conducted Yoga workshops.
4. One of the few wandering yogi's who has conducted yoga workshops in Air, Water & Land (Chartered Plane, Cruise ship, All other)
5. Conducted Yoga Protocol Session on the occasion of International Day of Yoga 2022 at Amity University with more than 500 participants.
6. Conducted Yoga Session with US Delegates at Hotel Le-Meridian, Delhi on 27 Aug 2022.
7. Conducted a Mass Surya Namaskar Demonstration Programme through Virtual mode to mark the auspicious occasion of Makar Sankranti i.e. 14 Jan 2022 under the Azadi Ka Amrit Mahotsav celebrations organized by Government of India.
8. Conducted a Yoga Session at Red Fort on 06 Apr 2022 in presence of Ayush Minister (Ministry of AYUSH).

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### **RECENT ACHIEVEMENTS (Jan 2023 Onwards)**

- ❖ Conducted a prestigious training session on "Performance Improvement & Stress Management" for U.P. Cooperative Departments from 23 Jan to 29 Jan 2023 at Lucknow and taught various Yoga Techniques to many respected IAS and Hon'ble Ministers of Uttar Pradesh.
- ❖ Nominated as Meditation Ambassador of Amity University Uttar Pradesh for Art of Living Foundation to conduct the session on "Har Ghar Dhyam" Program in Feb 2023.
- ❖ Invited as Guest of Honour at International Conference on "Yoga in Synergy with Science" organized by Utrtrakhand Sanskrit University and Indian Association of Yoga, New Delhi from 25-26 Feb 2023.

- ❖ Conducted a very important one-month residential training session for RBI Officers at Amity University Uttar Pradesh in Feb 2023.
  - ❖ Conducted a training session of high importance for International Delegates at Amity University Uttar Pradesh from March 2023.
  - ❖ Represented Amity Institute of Indian System of Medicine (AIISM) at the CII AYUSH Conclave at Indian Habitat Centre, organized by the Ministry of AYUSH on 22<sup>nd</sup> March 2024.
  - ❖ Presented research paper on Topic- examining the Effects of Yoga Practices on Age-Related Cognitive Reduction and physical Functioning at Himalayan Garhwal University, Uttarakhand on 21-22<sup>nd</sup> February 2024.
  - ❖ Represent Amity Institute of Indian System of Medicine (AIISM) at Amity Institute of Public Health and Hospital Administration (AIPH&HA) on the occasion of NO-SMOKING DAY held on 11<sup>th</sup> March 2024.
  - ❖ Presented research paper on **Topic-High Screen Time and its Side Effects** at International Conference on Pharma Technology, Translational Development in Chem-Biology Research: Traditional to Biopharmaceutical 2024 organized by Amity Institute of Pharmacy on 20-21 March 2024.
  - ❖ Participated in Anti-Narcotics Awareness Drive organized by Amity Institute of Indian System of Medicine that held on 22<sup>nd</sup> March 2024.
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## **ACADEMIC CREDENTIALS**

<b>Ph.D. (Yoga) Pursuing</b>	Himalayan Garhwal University, Uttarakhand
<b>UG</b>	From TMBU Bhagalpur in 2002 with 53%
<b>PG (Yoga Psychology)</b>	From Bihar Yoga Bharti (World's First Yoga University) in 2005 with 1 <sup>st</sup> Class
<b>Diploma (Yoga Studies)</b>	From Bihar Yoga Bharti (World's First Yoga University) in 2000 with 2 <sup>nd</sup> Class

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## At Amity University, Noida:

Since joining at Amity University, Noida, I have been taking intensive lectures both at graduate and post-graduate levels, conducting practicals, performing exam invigilation, doing hostel visits, preparing exam question bank and organizing various events including Science awareness week and International Yoga Day.

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## WORK EXPERIENCE

### Details of Teaching Experience

Full Time/ Part Time/ Visiting	Organisation		Designation	Started From	Up To	Experience (Months)	Salary Per Month
Part Time		Dashansh Foundation	National Head of Health & Wellness	June 2020	Present	15	Charitable Support
Full Time	Kothari International School, Noida		Yoga Faculty	May 2019	Dec 2020	20	40,000
Visiting	International & National Clients		Yoga Propagator				Freelance Payout

### Details of Corporate Experience

Full Time/ Part Time/ Visiting	Organisation	Designation	Started From	Up To	Experience (Months)	Salary Per Month
Visiting	IIT Kharagpur & Globsyn	Yoga Instructor				Freelance
Visiting	P. D. Goel, Chairperson of Lumino Industries	Yoga Instructor				Freelance

						Pay out
Visitin g	ONGC, JINDAL, Hindustan Aeronautics Ltd, Birla Group	Yoga Instructor				Free lanc e Pay out
Visitin g	Hotel Taj Mumbai & Taj Bengal and Royal Constructions Ltd., Kolkata	Yoga Instructor				Free lanc e Pay out
Visitin g	Voice of India, Sa Re Ga Ma PA	Yoga Instructor				Free lanc e Pay out
Visitin g	Celebrities: Anupam Kher, Arjun Rampal, Vijay Raaz, Principal Commissioner of Income Tax Shri J. Krishna Kishore, etc.	Yoga Instructor				Free lanc e Pay out
Visitin g	Indian Famous Painter Jehangir Sabavala	Yoga Instructor				Free lanc e Pay out

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## AREA OF INTEREST

Yoga Consultant, Yog Nindra & Meditation, Yoga Demonstration & Counselling for Wellbeing

## PERSONAL PROFILE

- Date of birth** - 11 Aug 1982
- Marital status** - Married
- Nationality** - Indian
- Languages known** - English, Hindi, Bengali, Spanish, etc.

**(Sandeep Kumar)**