



Photo

Name: Sonu Rani

Designation: Yoga Instructor

Department: Yoga Education

Office contact:

Email id: sonurani2902@gmail.com

Academic Records (For Teaching only)

1. Qualification:

Pursuing Ph.D. in Yoga, UGC NET in Yoga, YCB L-3, M.Sc. in Yoga, M.A. in Philosophy, M.A. in Psychology, Diploma in Yoga, B.Ed. in Yoga

2. Area of Interest/Specialization:

Yoga

3. Experience:

Eight Years experience of Delhi Police, Delhi
2.5 year experience of Health Centre, Panjab University, Chandigarh as Yoga Instructor.

4. Achievements:

Position holder in different levels
State Level, National Level, All India,
Intercollege, Inter-University Yoga
championship/competitions.

5. Honours & Awards:

6. Publications & Books:	One research paper was published on yoga.
7. Conferences & Seminars:	Conducted many Yoga workshops/Sessions in different Ministries, Govt. Organization and institutions.
8. International Visits:	No