



Name: **Dr. VINAY KUMAR BHARATI**

Designation: Yoga Therapist

Department: Yoga Therapy

Office Contact no.: 011-23351099, 23721472 Extn 112

Personal Contact no.: 9891459153, 8076402238

Email id: vinay_bharati2008@yahoo.co.in

Academic Records

1. Qualifications:	Ph.D. (Yoga) , M.Sc. (YOGA), M.A.(Philosophy), LL.B. UGC- NET Philosophy & Yoga,
2. Area of Interest/Specialization:	Conducting Mass Awareness Programme in Yoga, Yogic Sukshma & Sthoola Vyayama, Meditation
3. Experience:	27 years in the field of Yoga Training, Yoga Education & Yoga Therapy in Morarji Desai National Institute of Yoga, New Delhi
4. Achievements:	<ul style="list-style-type: none">✓ Completed research on the Yoga contributions of Swami Dhirendra Brahmachari, the founder of Vishwayatan Yogashram & CRIY (now known as Morarji Desai National Institute of Yoga, New Delhi)✓ Initiated and run Foundation Course in Yoga Science for Wellness in MDNIY, New Delhi for more than 10 years✓ Initiated Basic Course in Shatkarma Practices (BCSP) in MDNIY, New Delhi
5. Honours & Awards:	<ul style="list-style-type: none">✓ Member of Jury for National Yogasana Championships✓ Chief Yoga Coach for Uttar Pradesh Yogasana Team✓ Bronze Medal in National Declamation Contest on Yoga in West Bengal✓ Awarded <i>Yogabhushan</i> and <i>Yogacharya Sammaan</i>.
6. Publications of Books:	-
7. Research	02 Research Papers, 05 Conference Papers, 20 Articles
8. Conferences & Seminars:	<ul style="list-style-type: none">✓ International AROGYA- 2007 as Specialist in Yoga in Specialty Clinics on „Yoga for Reproductive Disorders“, organized on 29 October, 2007 at New Delhi✓ International AROGYA- 2014 & World Ayurveda Congress at New Delhi✓ <u>Nine National Yoga Week- Year 2007 to 2015</u> by Morarji Desai

	<p>National Institute of YOGA, New Delhi</p> <ul style="list-style-type: none"> ✓ <u>Eight Yoga Fest – Year 2016 to 2023</u> by Morarji Desai National Institute of YOGA, New Delhi ✓ International Day of Yoga 2015, 2016, 2017, 2018, 2019, 2022, 2023 ✓ International Conference on “Yoga for success & Techno Stress management” from 16-18 November, 2019 at Khajuraho, M.P. ✓ International Conference on “Psycho-spiritual approach to Yoga” on 22-23 February, 2020 held at Haridwar by Indian Association of Yoga & Uttarakhand Sanskrit University ✓ International Day of Yoga Celebration 2021 by Soban Singh Jeena University, Almora, U.K. ✓ International Day of Yoga Celebration 2021 by Ramanujan College, New Delhi ✓ International Webinar on Role of Yoga in Holistic Health during Covid-19 world pandemic on 26-27 June 2021 by Soban Singh Jeena University, Almora, U.K. ✓ International Webinar on the theme “Role of Yoga in Mental Health & Well-being” on 24 June 2022 organised by Department of Yoga Sciences, Soban Singh Jeena University, Almora, U.K. ✓ National Seminar on 'Role of Yoga in Psychological and Physical Health of Youth' and another event -Gujrat State Yoga Championship on 03 September 2023 in the NAU campus. ✓ International Yoga Conference on the theme “संस्कृत साहित्य में निहित योग, आयुर्वेद एवं प्राकृतिक चिकित्सा का स्वरूप एवं महत्त्व” on 20 October, 2023 organised by Adhyatm Yoga Sansthan & Bharati College, New Delhi. ✓ 22nd Biennial International Conference 2023 organised by Sports Authority of India (SAI), Lakshmi Bai National College of Physical Education, Thiruvananthapuram, Kerala. ✓ Participated many more National and International Seminars, Conferences and Workshops
9. International Visits:	<ul style="list-style-type: none"> ✓ Frankfurt Book Fair 2006 (GERMANY) represented Deptt. of AYUSH, Ministry of Health & Family Welfare, Govt. of India. Conducted live Yoga Demo., Counselling, Training & Therapy to the aspirants. ✓ 'Festival of India in Thailand 2015 (BANGKOK)' in Symposium on Ayurveda & Free Yoga Workshops at Bangkok for promotion and propagation of AYUSH systems in March 2015 represented Ministry of AYUSH, Government of India.

	<p>✓ ‘Yoga-Taichi event at Beijing2015 (CHINA)’ organized by the Indian embassy of China during Prime Minister Sh. Narendra Modi ji Visit in May 2015 at Temple of Heaven, Beijing represented Ministry of AYUSH, Government of India</p>
<p>10. Expert Talk/ Invited Speaker</p>	<p>✓ International AROGYA- 2007 as Specialist in Yoga in Specialty Clinics on „Yoga for Reproductive Disorders“, organized on 29 October, 2007 at New Delhi</p> <p>✓ International AROGYA- 2014 & World Ayurveda Congress at New Delhi</p> <p>✓ Invited Speaker at National Conference on Science, Yoga and Meditation: Changing Lifestyle held on July 26-27 July, 2019 at Graphic Era Deemed to be University, Dehradun, Uttarakhand and Delivered Lecture on "Concept of Yoga in modern era with special reference to traditional approach".</p> <p>✓ Guest Speaker in International Conference on “Yoga for success & Techno Stress management” from 16-18 November, 2019 at Khajuraho, M.P.</p> <p>✓ Guest Speaker in International Conference on “Psycho-spiritual approach to Yoga” on 22-23 February, 2020 held at Haridwar by Indian Association of Yoga & Uttarakhand Sanskrit University</p> <p>✓ Guest Lecturer during International Day of Yoga Celebration 2021 by Soban Singh Jeena University, Almora, U.K.</p> <p>✓ Guest Speaker during International Day of Yoga Celebration 2021 by Ramanujan College, New Delhi</p> <p>✓ Guest Speaker during an International Webinar on Role of Yoga in Holistic Health during Covid-19 world pandemic on 26-27 June 2021 by Soban Singh Jeena University, Almora, U.K.</p> <p>✓ Invited speaker during an International Webinar on the theme “Role of Yoga in Mental Health & Well-being” on 24 June 2022 organised by Department of Yoga Sciences, Soban Singh Jeena University, Almora, U.K.</p> <p>✓ Honored as Chief Guest, Keynote Speaker, and Chaired the technical sessions of Research Paper presentations during National Seminar on 'Role of Yoga in Psychological and Physical Health of Youth' and another event -Gujrat State Yoga Championship on 03 September 2023 in the NAU campus.</p> <p>✓ Invited Guest speaker during an International Yoga Conference on the</p>

theme “संस्कृत साहित्य में निहित योग, आयुर्वेद एवं प्राकृतिक चिकित्सा का स्वरूप एवं महत्त्व” on 20 October, 2023 organised by Adhyatm Yoga Sansthan & Bharati College, New Delhi.

- ✓ Conducted Workshop on the theme "Introduction to Classical Yoga Practices for Health & Wellness." in 22nd Biennial International Conference 2023 organised by Sports Authority of India (SAI), Lakshmibai National College of Physical Education, Thiruananthapuram, Kerala.
- ✓ Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand
- ✓ Central University of Haryana, Mahendragarh
- ✓ CSIR-National Physical Laboratory, New Delhi, Government of India
- ✓ National Agricultural University, Navsari, Gujarat
- ✓ Soban Singh Jeena University, Almora, U.K.
- ✓ University of Delhi, Gandhi Bhawan Campus
- ✓ Ramanujan College, (University of Delhi), New Delhi
- ✓ Bhagini Nivedita College, (University of Delhi), New Delhi
- ✓ Atma Ram Sanatan Dharma College, (University of Delhi), New Delhi
- ✓ Maharaja Agrasen College, (University of Delhi), Delhi
- ✓ Bharati College, (University of Delhi), New Delhi
- ✓ Laxmibai College, (University of Delhi), New Delhi
- ✓ Mata Sundari College, (University of Delhi), New Delhi
- ✓ Indraprastha College for Women, (University of Delhi), New Delhi
- ✓ Delhi Pharmaceutical Sciences and Research University (DPSRU), New Delhi for the Yoga programs run by Delhi Government.
- ✓ Guru Ravidas Ayurved University, Hoshiarpur Delhi for the Yoga programs run by Punjab Government.
- ✓ LIC of India office at Jeeven Bharati Building, C.P., New Delhi
- ✓ Petroleum Conservation Research Association PCRA, New Delhi
- ✓ District Institute of Education and Training DIET, New Delhi
- ✓ Employees State Insurance Corporation, Ministry of Labour & Employment, Government of India
- ✓ Dilli ki Yogashala run by Govt. of Delhi
- ✓ C.M. di Yogashala run by Govt. of Punjab

TV & Radio programmes

- ✓ Invited as a Yoga Expert in a programme on the topic Diabetes on LOK SABHA TV channel

	<ul style="list-style-type: none"> ✓ Invited as a Yoga Expert in a Yoga Quiz programme on <u>DD BHARATI TV</u> channel ✓ Invited for Varta Talk as a Yoga Expert by <u>All India Radio</u> on the occasion of IDY ✓ Invited as Yoga Expert in a live panel discussion on therapy subject by <u>All India Radio</u> ✓ Invited as Yoga Expert in National News Channel '<u>Ten News</u>' ✓ Invited as Yoga Expert in the programme <i>Hello Doctor</i> by <u>Rajastha Patrika News</u> ✓ Invited as Yoga Expert in the programme <i>Apani Sehat</i> by <u>Apna Radio 96.9 FM</u>
<p>11. Selection Committee Member/Examination Committee</p>	<ul style="list-style-type: none"> ✓ Indira Gandhi Institute of Physical Education & Sports Sciences (University of Delhi), New Delhi ✓ Shri Lal Bahadur Shastri Rashtriya Sanskrit Vishwavidyalaya (Central University), New Delhi ✓ Chhatrapati Sahu Ji Maharaj University, Kanpur ✓ Indira Gandhi University, Meerpur, Rewari, Haryana ✓ Bharati College, (University of Delhi), New Delhi ✓ Mata Sundari College, (University of Delhi), New Delhi ✓ Kendriya Vidyalaya, CBSE school, New Delhi at different Branch. ✓ Morarji Desai National Institute of YOGA, New Delhi
<p>12. Yoga Education to the academic courses</p>	<ul style="list-style-type: none"> ✓ M.Sc. Yoga Science ✓ B.Sc. Yoga Science ✓ Diploma in Yoga Therapy ✓ Diploma in Yoga Science ✓ Certificate Course in Yoga Science ✓ Certificate Course in Yoga Science for Defense Personnel ✓ Foundation Course in Yoga Science for Wellness ✓ Basic Course in Shatkarma Practices ✓ Reorientation / Refresher Training Programme in Yoga for AYUSH Personnel / Medicos ✓ Refresher Course run by C.M. di Yogashala run by Govt. of Punjab ✓ Resource person for FDP (Faculty Development Programme) organized by Ramanujan College, Delhi

<p>13. Yoga Training imparted to</p>	<ul style="list-style-type: none"> ✓ “Watch & Ward” security of Parliament of India ✓ Air Force Personnel ✓ BSF Personnel ✓ Army Personnel ✓ National/International players of various sports disciplines at Netaji Subhash National Institute of Sports, Sports Authority of India, Patiala ✓ Yoga & Physical Education Teachers of SCERT and NDMC of Delhi Admn. Comn. ✓ Staff undergoing gradation in the office of Deputy Commissioner of Police (communication), New Delhi ✓ Uttar Pradesh Yogasana Team for the preparation of National Yogasana championships
<p>14. Yoga Therapy imparted to the patients</p>	<ul style="list-style-type: none"> ✓ Conducted Yoga Therapy sessions (Individual & Mass) to the patients suffering from different Psycho-somatic and Psychological Diseases