



Name: Lalit Gangwal

Designation: Yoga Instructor

Department: Yoga Education (Examination)

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Academic Records (For Teaching only)

1. Qualification:

MSc. Yoga(Persuing ODL) from S-VYASA
DYSc. from MDNIY
Yoga Instructor course from S-VYASA
B.com from Delhi University

2. Area of Interest/Specialization:

Yoga Classes
IDY Yoga Demonstrator
Yoga experts
Traditional Yoga
Suksham Vyayama

3. Experience:

8 plus years

4. Achievements:

Represented as a Yoga embassador at Budapest ,Hungary
on IDY 2017
Worked as MDNIY faculty in IDY 2017,18,19,20,21,22 and
2023

5. Honours & Awards:

Honoured by ICCR as a Yoga embassador at Budapest
,Hungary on IDY 2017

6. Publications & Books:

NA

7. Conferences & Seminars:

Attended many all seminars and conferences held by
MDNIY since 2016
Attended Yoga for heartfulness Conference held in Mysure
2019.

8. International Visits:

Visited Budapest,Hungary on deputaion by ICCR 2017