



Doctor Bharat Singh


Doctorate in Naturopathy and Yoga
Certified Yoga Teacher & Evaluator
Yoga Certification Board
Ministry of AYUSH, Government of India.

Education qualification

- Ph.D. on foreign policy & International Law, M.L.S. University Udaipur. with calibration of JNU Delhi
- Doctorate in Naturopathy and Yoga, Arogya Mandir ,Gorakhpur, UP
- Master of Arts in Human Consciousness & Yogic Science, Gurukul Kangri University, Haridwar, Uttarakhand.
- Master of Arts Sociology UOR Jaipur, Rajasthan
- Master of Arts. Poetical Science UOR, Jaipur, Rajasthan
- Bachelor of Law, Rajasthan University, Jaipur
- Diploma in Labour Law UOR Jaipur, Rajasthan
- Diploma – Guide and Tourism Department of Tourism and Culture, Govt. of Rajasthan, Jaipur.
- Diploma Human Consciousness & Yogic Science, D.S.V.V., Haridwar Uttaranchal
PGDCA University of Rajasthan, Jaipur.
- Graduation in Sanskrit.
- QCI Level -3, IYA (YCB), Ministry of AYUSH, Government of India.




 आयुष मंत्रालय, भारत सरकार
 Ministry of AYUSH, Govt. of India




Yoga Certification Board

Certificate

DR BHARAT SINGH

is hereby certified as

Yoga Teacher & Evaluator

by

The Yoga Certification Board


under

**the voluntary certification of yoga professionals,
Ministry of AYUSH, Government of India**

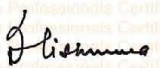
Certificate No.: P030005996

Validity Period: From 07-Nov-2020 to 06-Nov-2025

Evaluated by: Indian Yoga Association



(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga professionals.)


Authorised Signatory
Indian Yoga Association
Dr. S.P. Mishra,
 CEO, IYA PrCB,
 Indian Yoga Association,
 1st Floor, Aurobindo Bhawan C-56/36, Sector 62,
 G.B. Nagar, Noida, Uttar Pradesh 201301,


Issuing Date : 07-Nov-2020


Authorised Signatory
Yoga Certification Board
Dr. I. V. Basavaraddi,
 Head of Institution,
 Yoga Certification Board,
 Ministry of AYUSH, Govt. of India,
 IRCS, 1 Red Cross Road, New Delhi - 110001



Experience summary

- Yoga Teacher and consultant
Dec- 2019.In Ukrainian Association Ayurveda- Yoga.
Kyiv, Ukraine.
Job profile - Conducting classes, consultancy and therapy.

- Creative content developer
July 2018 to
Oct- 2018 in Zorba Chennai.
Job profile - Training for teachers
Designing yoga course, curriculum and syllabus
for schools, corporates etc.

- Yoga Teacher & Instructor
from 2014 to dec. 2017
Indian Culture Center (ICCR),
Indian Embassy Cairo Egypt,
Ministry of external affair, Govt. of India
Job profile-
 - Teaching
 - Performing
 - Demonstration
 - Organize yoga fair & festival
 - Exhibition
 - Imparted training
 - Organize camp
 - Conducting classes
 - Organize seminar on different aspect of yoga
 - Outreach activity
 - Imparted workshop
 - Conducting special classes yoga for psychosomatic disease
 - Promoting natural health
 - Conducting wellbeing session for schools
 - Training for sport facility – universities and collages



International Ayurveda & Yoga Institute Kyiv, Ukraine

- Organize yoga session for health and happiness
- Organize symposium
- Organized annual yoga championship in Egypt.

Expert /Specialist – Yoga& Ayurveda
2012-2014

Department of AYUSHB.K. Hospital Faridabad,
Government of Haryana, India

Job Profile–

- Worked as Yoga & Ayurveda Therapist Consultation, Treatment & Therapy for patient, Conducting classes, Deliver lectures and organize yoga training camps in schools to impart education about nutrition and hygiene, general health care, maternal and child health care, natural ways to keep fit, prevention and control of diseases, disinfection of water source and air, and reproductive child health, beside all this I also intend to organize yoga training for the needy. Treatment of patient outdoor (OPD) and indoor (IPD), Yoga Therapy for recommended and refer by other department.
- Yoga Therapy. Patient suffering from physical and mental disease, Arthritis, Diabetes, Obesity, Asthma, Constipation, Colitis, Hypertension, Stress, Depression, Anxiety, Insomnia, gout, cervical, ulcer, acidity, blood pressure, sugar, heart disease, hypertension, phobia schizophrenia etc. were successfully treated.

Programme Officer & Consultant
from 2009 to 2012

Yoga and naturopathy, Manavseva Sansthan, Udaipur, Rajasthan

Job Profile-

- Consultation, Treatment, Conducting classes, Therapy for polio patient, Deliver lectures and organize yoga training camps in schools to impart education about nutrition and hygiene, general health care, maternal and child health care, natural ways to keep fit, prevention and control of diseases, disinfection of water source and air, and reproductive child health, beside all this I also intend



to organize yoga training for the needy. Treatment of patient outdoor (OPD) and indoor (IPD), Yoga Therapy for recommended and refer by other department.

Research Experiences

- Submitted Project on Scientific Stress management in Corporate sector with executive life through yoga
- A comparative study of Tantra and yoga
- Submitted Project on Scientific Spiritualism.
- Discriminatory analysis of Sufism
- Relevancy of yoga at present days.
- “Empirical study on management of High B.P, anxiety and stress through yoga,”
- Currently working on “Meditation A Scientific Perspective”.
- Submitted Project on **Bharav Vigyan Tantra** and Zin sutra a comparative study of Meditation technique.
- Submitted dissertation on comparative study of Prekshameditation, Dynamic meditation, Vipsyana & Transcendental Meditation.
- Complete PhD on principal and its implementation of India’s foreign policy.

Seminar, Workshop, Conference Attended

- Participated as delegate in 15th international Yoga conference held in VYOMA Parmarth Niketan, Rishikesh, from 2004 to 2013.
- Participated as delegate in National Seminar I.I.T. Kanpur, 2005.
- Participated as delegate in National Seminar Gurukul Kangri University, Hardware-2006.
- Paper presented and participated as a delegate in Jain Vishva Bharati University, Landnun Nagaur, Rajasthan from 2010 to 2012 on stress management through Yoga
- Participated as delegate in national conference and seminar in Hari Singh Gaud University, Sagar MP
- Paper presented and participated as a delegate in National yoga week. at Morarji Desai national institute of yoga, , organized by M.D.N.Y. Ministry of health (AYUSH) New Delhi from 2004 to 2013



- Paper presented and participated as a delegate in AMITY University Jaipur Rajasthan on conventional indigenous treatments: Yoga, Meditation and pranayama from 2-4 February 2018.
- Present paper and talks as a invited speaker in international conference science, spirituality& civilization in IIT Roorkee- Noida campus on scientific spiritualism from 16-17 march 2018.
- participated as a delegate in National yoga week. at Morarji Desai national institute of yoga, , organized by M.D.N.Y. Ministry of health (AYUSH) New Delhi from March 19- 23, 2018
- Conducting several Workshop, seminar, conference, symposia and training in Indian culture center in Indian Embassy, Cairo, Egypt.
- Conducting workshop on integral aspect of yoga at mac icicr embassy of India in Cairo Egypt.

Professional Trainings

- Two month training in Gurukul Kangri University, Hardwar, during camps of yoga therapy.
- One month training on advance magnetic treatment in DSVV Hardwar.
- One month Advanced Pranic Healing Course in Dev Sanskrit University Hardwar.
- One month Hypnotism and magnetic treatment training in Dev Sanskrit University Hardwar.
- Two week message and naturopathy training in Parmarth Niketan Rishikesh Uttarakhand
- Attended training of trainers on child protection issue at Rajasthan police academy Jaipur, organize by UNISEF.
- Two month advance naturopathy training Arogya dham Gorakhpur, UP.
- Participated in the camp related to the basic acupressure course, In Dev Sanskriti University , Hardwar by Dr. Narendra Dev, Lucknow.
- organized many camps on Yoga treatment in chc , phc, schools and collages during the specialist yoga in B.K hospital, Faridabad, Haryana
- Conducted training course for yoga teacher in Indian culture centre embassy of India, Cairo, Egypt.
- Conducted yoga work shop in Indian Culture Centre, Embassy of



India, Cairo, Egypt.

- Conducting symposium on practical, theoretical and therapeutic aspect of yoga.
- Organize seminar on various kind of yoga

Field Of Specialization:

- Sufism, Bhairav Tantra, Scientific spiritualism, yoga for common disease, meditation a scientific perspective, stress management through yoga, Massage Therapy.
- Yoga Therapy in different diseases like Diabetes, Obesity, Digestive Disorders, High Blood Pressure, Arthritis, Back pain etc.
- Meditation Techniques & Yognidra.
- Acupressure
- Foreign policy and cultural diplomacy

Known yoga style:

HathaYoga, AshtangaYoga, VinyasaYoga, Sun salutation Series, power yoga, acro yoga, vikram yoga, ayingeryoga, air yoga on homuk, Ariel yoga, circle yoga, yin/yang yoga, KidsYoga,, Devotion Yoga, Jana yoga, karma yoga, Yoga for pregnancy, Yoga Therapy for mental and physical problem. Group yoga, yoga dance and advance yoga for beginners, intermediates and advance label group. All type of meditation.

Professional Skills:

Managerial	<ul style="list-style-type: none">○ Team leader, ability to handle multiple assignments, ability to meet strict deadlines, prioritization skills, problem solving and analytical skills to handle all major issues with teams, independently and ability to provides strategic direction in planning and management of programme / organization○ I have Successfully manage and completed various project○ Eager to learn new things, belief in self and Strong motivational○ Manage and coordinated official responsibility
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<p>Advocacy/ net working and negation</p>	<ul style="list-style-type: none"> ○ Currently directly working as member of Child Welfare Committee (CWC) constituted under Department of Social Justice and Empowerment, Government of Rajasthan). I have ability to network and liaison with all the stakeholders, in order to build and nurture partnerships ○ I have worked in government and position here people dealing required. ○ Ability to maintain diplomatic and productive relations with authorities, communities and others organizations.
<p>Training</p>	<ul style="list-style-type: none"> ○ Developed training module and Imparted training on life skill, child rights and child rights programming ○ Imparted training on project management. ○ Trained on: ○ Gender and masculinity , Child Protection, Child Right Programming, ○ Trained on ICPS and JJ ACT, Child labour, Child marriage and other Act related to children ○ Trained on counseling skills
<p>Event management</p>	<ul style="list-style-type: none"> ○ Organized, manage and facilitated various workshop and seminar ○ Celebrated important day like children’s day, human right day, world day against child labour, world environment day
<p>Financial and legal</p>	<ul style="list-style-type: none"> ○ Ability to manage funds in juristically for operations ○ Negotiations for contracts, dealing with contractors and vendors for smooth tendering process. ○ Relationship building with vendors, local authorities & administration ○ Overview and understanding of Legal aspects of the business like contracts, agreements, litigations, correspondences & interactions with various authorities, managing staff in the legal dept. ○ Ability to undertake and supervise land acquisition activities



	<ul style="list-style-type: none"> ○ Ability to vet legal docs and contracts.
Communication	<ul style="list-style-type: none"> ○ I am a good orator and have interpersonal and personal communication skill
Computer	<ul style="list-style-type: none"> ○ MS office- Word, Excel, Power point, and internet surfing (Excellent),
Health management	<ul style="list-style-type: none"> ○ Promote the natural health, organize wellbeing yoga session for schools, conducting free yoga session for health and happiness, meditation classes, training for collages and universities

Teaching Experience:

- Visiting lecturer in **Patanjali** University Uttarakhand.
- Lectures on stress management, anger management, holistic health management, under Youth Development and Carrier (YDC) orientation Program conducted by University grant commission (UGC) Delhi in several colleges in Rajasthan.
- Used to delivering several lecture on different aspect of yoga in different places in Egypt.
- During specialist yoga in b. k. hospital Faridabad, govt. of Haryana. Patient suffering from physical and mental disease, Arthritis, Diabetes, Obesity, Asthma, Constipation, Colitis, Hypertension, Stress, Depression, Anxiety, Insomnia, gout, cervical, ulcer, acidity, blood pressure, sugar, heart disease, hypertension, phobia schizophrenia etc. were successfully treated.
- During teacher in embassy of India in Egypt. Used to give lectures on different aspects of Yoga in Governmental and Nongovernmental organizations/institutions, schools, colleges, universities and clubs & culture centers in Egypt.
- Lectures on stress management, anger management, holistic health management, in Governmental and Nongovernmental organizations/institutions, schools, colleges, universities and clubs & culture centers in Egypt.
- Three-year teaching, performing, demonstration experience in Indian culture center (ICCR) embassy of India Cairo Egypt
- During Ph.D., visited ministry of external affairs, (South block), External Affairs house, old JNU campus, Sapru house, Library of Patiyala house, Parliament Library, National security council, Sardar Patel house, Akbar Bhawan, ICCR, VK Krishna Menon house.



- During the yoga teacher cum performer in Indian embassy, used to give lectures, demonstration, performance, conducting classes, organize camp, yoga festival, exhibition, yoga fair, symposium, workshop and seminars on different aspects of Yoga in Governmental and nongovernmental organizations/institutions, schools, club, universities, park and colleges.
- During teacher in Embassy of India in Egypt, imparted so many activities and delivering several of lecture about the Indian culture in Egypt.
- DETAILS OF AWARDS WON
- Awarded National Youth award by Ministry of sports and youth affairs, Government of India, New Delhi.
- Awarded best yoga teacher by Rotary Club, Cairo, Egypt.
- Best yoga teacher award by embassy of India in Egypt.
- Best yoga teacher award by blew lotus peace organization Cairo Egypt.
- Best yoga teacher award by World Bank Cairo Egypt.

Participation in National / International: Performance / demonstrations/ training

- Participated as delegate in 15th international Yoga conference held in VYOMA ParmarthNiketan, Rishikesh, 2004 to 2013.
- Participated as delegate in National Seminar I.I.T. Kanpur, 2005.
- Participated as delegate in National Seminar GurukulKangri University, Hardware-2006.
- Paper presented and participated as a delegate in Jain VishvaBharati University, LandnunNagaur, Rajasthan from 2010 to 2012 on stress management through Yoga
- Participated as delegate in national conference and seminar in Hari Singh Gaud University, Sagar MP
- Paper presented and participated as a delegate in National yoga weak. atMorarji Desai national institute of yoga, , organized by M.D.N.Y. Ministry of health (AYUSH) New Delhi from 2004 to 2013.



- Conducting Workshop, seminar, conference, symposia and training in Indian culture centre in Indian embassy Cairo Egypt.
- Performance, teaching, demonstration, organized camps, conducting classes in various institutes, colleagues, clubs and universities and different cities in Egypt.
- Performance and conducting classes in sea beach for rotary club in Egypt
- 5 aug-2014 special yoga session at India house Cairo, Egypt.
- 24 octo- 2014 special yoga session for Rotary club at Fayyad, Egypt.
- 14 Nov-2014 Demonstration and lecture on scientific aspect of yoga in national research centre Cairo Egypt
- 12 Dec-2014 Performance and conducting yoga classes for children at el Ahali club Cairo Egypt
- Demonstration and conducting classes community centre association maadi, Cairo Egypt
- 5 Feb-2015 Performance and organize exhibition, yoga fair and taking classes in Shams club Cairo Egypt
- 26 Feb.- 2015 yoga session at sawi culture wheel Cairo
- 5 march 2015 yoga session for Ramsis junior school childrens at Macic.
- 3,4 April-2015 Organize Yoga festival, yoga fair, performance, demonstration, conducting classes and wellbeing session at Al Azhar park in Cairo Egypt
- 5 April 2015 wellbeing session at Samsh club Cairo.
- 7 April yoga workshop at Sheraton Montazah hotel, Alexandria Egypt
- Performance and conducting classes in children's civilization & creativity centre Cairo Egypt
- Demonstration and taking classes in Egypt's society for culture & development the culture centre
- 25 April yoga session at world trade center Cairo
- 7 may yoga workshop for British school Cairo
- 9 June training for talented student of Cairo schools.
- 13 June two yoga sessions 1 for Al Gazira club and 2nd for children civilization & creativity center Cairo.
- 17 June Performance and taking classes at Misr public library Cairo Egypt
- 8 Aug yoga session for Monogynies industries Cairo
- 27 Aug. Performance and conducting classes in Bibliotheca Alexandria Egypt
- 28 Aug. Performance and conducting classes in sport club in Alexandria Egypt
- 12 Sep..Performance and conducting classes in Monogynies industry in Cairo Egypt
- Performance and conducting classes in 6 October university Cairo Egypt
- 2,3 Nov yoga session Egyptian international school
- 9 Nov. yoga session for Hayah international academy Cairo
- 18, Nov. Performing and conducting classes in Port Said university Port Said city Egypt
- 19 Nov. demonstration at culture center of Port Said Egypt.
- 24 Nov. yoga session for Nefrtari international school Cairo
- 26 Nov. wellbeing session for Hadayek El Maadikawmeya national institute Cairo



- 1 Dec. Yoga demonstration on world culture day at 6 October university Cairo
- 9 Dec. Performing and conducting classes in culture centre Ismailia city Egypt
- 9 Dec. Performing and conducting classes in embee industries in Ismailia Egypt
- 9 Dec. Performing and conducting classes in Ismailia culture center Ismailia city Egypt
- Demonstration and performance with student on group yoga, yoga dance, yoga pyramid, circle yoga performance and advance yoga performance at maciccr and out of embassy of India in different universities colleges, clubs and culture places in Egypt.
- 10 Dec. Yoga session for student of lyceemaadi national institute (preparatory) to macic
- 26 Feb 2016 Demonstration in international festival at chaufit international school New Cairo.
- 29 Feb 2016 Yoga demonstration at India house.
- 24 Feb. yoga workshop at sawi culture wheel Cairo
- 11 march Training and workshop for student of engineering faculty at Cairouniversity Egypt.
- 16 Feb. Training and workshop for student of sport faculty at Aswan university Aswan Egypt.
- 17 training for various school children's at culture place Aswan Egypt
- 14 march Wellness yoga session for student of Coptic school at Cairo, Egypt.
- 17 March Teacher Training and workshop on various kind of yoga for Egyptian at macic embassy of India Cairo.
- 18 Dec. 2015 Conducting Lec.. cum demo- for Egyptian at macic in embassy of India, Cairo
- Yoga performance at India house for Asian ambassador spouse meeting at Cairo.
- Workshop on Hatha yoga at savi cultural wheel , Cairo, Egypt.
- Yoga wellness session for various schools children's at Aswan culture place Egypt.
- Yoga session, yoga demonstration, yoga dance and group yoga performance at international trade faire in Cairo, Egypt.
- Yoga teacher training for Egyptian by Dr. Bharat Singh at macic Cairo, Egypt.
- 31 March Conducting Yoga workshop & training for sport faculty at American university cairo
- 23 March Conducting wellness yoga program for Nile Egypt school children's at macic
- 21 March Conducting yoga wellness program for future language school children's by Dr. Bharat Singh at macic.
- Conducting yoga session and group yoga performance with student for sport faculty at British university cairo.
- Held holistic health & fitness yoga session for orphan children's at orphan edge home at new cairo.
- **18 April** Conducting Wellness yoga program for two schools children's **Two Egyptian schools** visited MACIC viz; Future School, 17 student & 6 teacher



- (preparatory & Secondary) and Nis private school, 12 student & 2 teacher (preparatory & Secondary) Student participated in an introduction to Yoga along with interactive yoga session, they learn about holistic health management and how to keep fit through yoga.
- 29 April During the our 4th addition of annual culture festival India by the Nile 2016, Embassy of India organize Yoga wellbeing experience events and conducting yoga workshops on 29 April, 6.00 pm at Children's Civilization and Creativity Centre, Heliopolis.
 - Conducting yoga session by yoga guru Shri Udaiji and Dr. Bharat Singh
 - Group yoga performance and yoga demonstration by macic children's team.
 - Group yoga performance, yoga dance performance, circle yoga performance and advance yoga demonstration by Dr. Bharat singh yoga teacher and macic senior team
 - we give a successful message about promoting and popularizing yoga and Ayurveda in Egypt.
 - 30 Conducting yoga session, advance yoga performance, group yoga performance, yoga dance performance and circle yoga performance by Dr, Bharat singh and both team. At azhar park Cairo. On international peace and meditation day. During the our 4th addition of annual culture festival India by the Nile 2016,
 - 1 May Embassy of India organize Yoga wellbeing experience events and conducting yoga workshops on 1 of May, at Bibliotheca Alexandria, blow mention activities are performing there.
 - Conducting yoga session and workshop by yoga guru shri Udaiji and Dr. Bharat Singh
 - Group yoga performance and yoga demonstration by macic children's team.
 - Group yoga performance, yoga dance performance, circle yoga performance and advance yoga demonstration by Dr. Bharatsingh yoga teacher and macic senior team.
 - 20,27 may 2016 Conducting Training of common yoga protocol at embassy.
 - 31 may 2016 Conducting advance yoga Training session for first yoga championship in Egypt.50 participant are attend
 - 2,3,4 June 2016 Conducting advance yoga Training session for first yoga championship in Egypt.50 participant are attended.
 - 5 June 2016 Organize first yoga championship in Egypt. In embassy of India, Cairo, 35 participants are attended.
 - 3, 10, 17 June 2016 Training of common yoga protocol at embassy.
 - 11,18 June 2016 Training of common yoga protocol for Indian community, Egyptian and foreigner at madi Cairo.
 - 20,June 2016 Yoga session and i for (IDY) Common yoga protocol at international language institute at Cairo.
 - 3,4,10,11,12,13,14,15,16,17,18,19,20,Junne 2016 Training, practice and rehearsal for (IDY) and all activities
 - 1-16,June 2016 Yoga session, training of common yoga protocol for (IDY) and group yoga performance by children's team at children civilization and creativity



- center Cairo.Egypt.
- 20 JUNE 2016 Interview and yoga demonstration at musfiro building, national Egypt broadcast channel in Cairo.
 - 21, June 2016 Common yoga protocol, Ramadan special yoga session, group yoga performance by junior team, group yoga performance by senior team, circle yoga performance, yoga group dance performance and advance yoga demonstration. With 1500 people
 - 23, June 2016 Conducting a warming up, stretching and relaxation yoga session. Common yoga protocol. , group yoga performance by junior team, group yoga performance by senior team, circle yoga performance, yoga group dance performance and advance yoga demonstration. At mercure hotel in Ismailia on red sea and sues beach with 500 people.
 - 25, June Morning yoga session for foreigner and Indian community at British council madi. Cairo
 - 25 June Conducting yoga session, special class for diabetes. Common yoga protocol. , group yoga performance by junior team, group yoga performance by senior team, circle yoga performance, yoga group dance performance and advance yoga demonstration. At Sheraton montaza hotel beach in Alex.
 - 11,12,13,14 July 2016 Maulana Azad Centre for Indian Culture (MACIC), Cultural Wing of the Embassy of India, Cairo, will be commencing a special 4-days Yoga sessions by Dr. Bharat Singh as per the following schedule:
 - Day 1 (Monday, 11 July 2016 at 6pm): Candle Gazing Meditation
 - Day 2 (Tuesday, 12 July 2016 at 6pm): Yog Nidra Meditation
 - Day 3 (Wednesday, 13 July 2016 at 6pm): Special class for joint pains problems
 - Day 4 (Thursday, 14 July 2016 at 6pm): Special class for respiratory disorders
 - 16 July 2016 Yoga wellbeing session for balady foundation for creativity and development, mahala el kubra.
 - 11 Aug. 2016 Special class for diabetes management through yoga.
 - 16 august 2016 Yoga wellbeing session for documentation & research center for children's literature children's
 - 27 august 2016 Yoga session for foreigner at csamaadi Cairo
 - 8 sep- 2016 Special Interactive Yoga session for obesity management by Dr. Bharat Singh at macic
 - 30 sep- 2016 Special yoga session for heat on occasion of world heart day organize by Egyptian health association and 3 yoga performance by our children team-a, team-b and senior team at sawi culture wheel Cairo.
 - 30 sep- 2016 Yoga session for youth on occasion of youth day organize by ministry of youth at sheikh zayad youth center Ismailia Egypt.
 - 3 October 2016 Yoga demonstration and performance for glimpses of India festival At embassy of India.
 - 10 Oct. 2016 Special yoga session for youth at sayadaZenab culture garden.
 - 14. Oct. 2016 Yoga workshop for school children's at macic
 - 15 October 2016 Presentation and special yoga class for brest cancer. At csamadi. For Brest cancer awareness.
 - 31 October 2016 Yoga wellbeing session and training for dar el tarbiah school



- children's zamalek.
- 1 November 2016 Yoga wellbeing session and training for el emamelishafy school children's at sayadazainab.
 - 2 November 2016 Yoga wellbeing session and training for el rehab culture school children's at sayadazainab.
 - 8 November 2016 Yoga wellbeing session for housnialakkad private school children's at MACIC
 - 10 November 2016 Wellbeing yoga session and yoga training for Manar el bayan secondary school about city Cairo.
 - 15 November 2016 Yoga training & yoga wellbeing session for dar el tarbiah school at macic.
 - 16 November 2016 Yoga training for Lycee el horreyabab el look school at macic.
 - 28 November 2016 Yoga training and wellbeing yoga session for the sister delifriende school children's.
 - 30 November 2016 Yoga training for nahda university benisuef in Egypt.
 - Group yoga performance at culture place in benisuef.
 - 6 December 2016 Interview and various kind of yoga performance at musfiro national TV.
 - 6 December 2016 Yoga well being program for ley el horriya school at sayadazeinab.
 - 7 December 2016 Yoga well being program for dar el taribiah school.
 - 8 December 2016 Workshop on yoga for stress at macic.
 - 9 December 2016 Yoga training and various yoga performance by team at British university Cairo.
 - 19 December 2016 Yoga training and yoga class for Egyptian international school sheikh zayed.
 - 20 December 2016 Various kind yoga performance at hotel dusittani in Cairo. During Indian culture festival.
 - 22 December 2016 Yoga session and various kind group yoga and yoga dance performance. At children civilization and creativity center helioplac in Cairo
 - 27 December 2016 Wellbeing yoga session and yoga training for two Egyptian schools- 1. El bashayer international school, 2. Dar al hanan primary school Cairo. At macic.
 - 04 January 2017 Yoga wellbeing session for creative international school Cairo. At macicc.
 - 11 January 2017 Yoga training and wellbeing session for Dar El hanan school
 - 1 Feb. 2017 yoga wellbeing session and yoga training for Imam Al-Shafei School at MACIC
 - 4 Feb. 2017 yoga session, group yoga performance, advance yoga performance and acro yoga performance at germen university center garden (DAAD)
 - Yoga training for sport faculty of Aswan university and Aswan people at sport club Aswan on 20 February.
 - 23 Feb- 2017 free yoga session for health and happiness and group yoga performance, yoga dance performance, advance yoga demonstration and acro



- o yoga performance at sawi culture wheel cairo.
- o 24 Feb-2017 yoga session for sports club people and group yoga performance, yoga dance performance, advance yoga demonstration and acro yoga performance at youth sport center Sheraton helioplance, Cairo.
- o 24 Feb- 2017 group yoga performance, group yoga dance, acro yoga demonstration and Advance yoga demonstration At halluan university, by DR. Bharat Singh and macic Team.
- o 28 Feb- 2017 yoga session for 6 October university sport faculty. and group yoga performance, group yoga dance, acroyoga, advance yoga demonstration by senior and junior team during the international culture festival at 6 october university Cairo.
- o 18 march 2017 various kind of group yoga performance by junior and senior team and conducting a yoga session for local people. During the international peace and meditation day at azhar park Cairo.
- o 24 march 2017 various kind of yoga performance at embassy of India. During the HOLI celebration.
- o 27 march b2017 different type of yoga performance by senior team and yoga session for Alexandria people at bibliotheca Egypt. during yoga wellbeing week in our annual festival India by Nile.
- o 28 march 2017 different type of yoga performance by senior team and yoga session at Azhar park Cairo Egypt. during yoga wellbeing week in our annual festival India by Nile.
- o 29 march 2017 different type of yoga performance by junior team and yoga session at children civilization& creativity Park Cairo Egypt. during yoga wellbeing week in our annual festival India by Nile.
- o 30 march 2017 conference on yoga & wellbeing and different type of yoga performance & yoga show by both team Cairo Egypt. during yoga wellbeing week in our annual festival India by Nile.
- o 23,25,30 April and 2 may 2017 advance yoga training for championship participant at icc.
- o 4 may 2017 Organize & supervise 2nd annual yoga championship in Egypt, at embassy of India in Cairo.
- o 9 may 2017 well being yoga session for high land school in 6 October city.
- o 16 may 2017 yoga well being session for Dar el Tarbiah American school Cairo.
- o 22 may 207 yoga wellbeing session for baladi children culture association from Nile delta Egypt.
- o 18 June 2017 round table conference on Global yoga for peaceful living at MACIC Embassy of India, Cairo.
- o 18 june 2017 YOGA photo Session by MACIC team at ABDEEN PLACE for International YOGA DAY.
- o 18 June yoga performance by junior MACIC team at children civilization & creativity center Cairo.
- o 19 June 2017 yoga performance and photo session at PYRAMID and KASAR NEEL (TAHRIR SQUARE).
- o 21 June common yoga protocol and yoga dance and group Yoga performance



- by junior team. At VARON palace Cairo.
- 22 June common Yoga protocol and group yoga performance by senior team and group yoga performance by Junior team. At hotel Sheraton muntaza Alexandria, Egypt.
- 24 June common Yoga protocol and accro& group Yoga performance by senior team and group yoga performance by Junior team.
- 28 June 2017 free workshop on different kind of yoga. Like vinyasa, astanga, power, hatha, vikram, ayangeracro and detox yoga.
- 29 June free yoga teacher training.
- 5 July 2017 free yoga class for holistic health
- 6 free interactive yoga session with yoga nidra meditation for stress management.
- 26 July 2017 yoga wellbeing session for summer camp school Cairo.
- 21 Aug. 2017 Yoga wellbeing session for Mark Church School group (girl) Cairo.
- 20 Aug. Yoga wellbeing session for Mark Church School group (Boys) Cairo.
- 13 Aug. Yoga wellbeing session and yoga training for Helwan education dept. children's Cairo.

Special Achievements:

- Awarded National Youth award by Ministry of sports and youth affair, central government New Delhi.
- Yoga expert /specialist 2012-2014
Department of Ayurvedic Yoga Unani Sidhha Homeopathic Naturopathy (AYUS), B.K. Hospital Faridabad, Government of Haryana.
- Teacher cum performer in Indian culture centre (ICCR) Embassy of India in Cairo Egypt.
- Awarded best yoga teacher by Rotary Club, Cairo, Egypt.
- Prime Minister Modi has especially appreciated and praise the yoga classes and our effort in Egypt.