



AANCHAL RAJ



CO-FOUNDER HATHA YOGA INSTITUTE

Full time Yoga Professional with 9+ years of experience. Teaching and managing Yoga Instructor Courses, Classes, Workshops and Yoga Retreats for Hatha Yoga Institute

EDUCATION

- E-RYT 500, Yoga Alliance, USA
- Level 4 Yoga Master
Ministry of Ayush, GOI
- Level 5 Yoga Teacher, National Skill Development Corporation
- MSc. Yogic Science, SVYASA University, Bengaluru
- Advance Diploma in Acupressure Healing Science, ASPEUS, Prayagraj
- 3 months Yogic Studies course from the Bihar School of Yoga
- Pre Natal Yoga TTC, Sri Sri School of Yoga, 100 Hours
- Certified Yoga Teacher, Sri Sri School of Yoga, 350 HR
- Yoga Siromani, Sivananda Yoga Vedanta Centre, Kerala 200 HR
- Certified Yoga Instructor, SVYASA, Bengaluru, one month course
- Foundation Course in Yogic Science for Wellness, MDNIY, New Delhi
- Medical Yoga Pilates Therapy Course, Param Yoga, Pune
- Awarded as Yoga Ratna, Sri Samarth Big Yoga Foundation

EXPERIENCE

2018 - present

Co-Founder, Hatha Yoga Institute

- **Yoga Instructor Courses**, certified more than 1000 yoga teachers with a passing rate of 90%
- Conducted **Yoga & Meditation Workshops** at Bajaj Allianz, DBS Bank, APG Learning Centre, Cradle Maternity Hospital, Agrowon, Iteach etc.
- **Yoga Workshops** on topics such as Jal Neti, Pranayama, Kids Yoga, Detox Yoga etc educating 2000+ people.
- Taken 50+ people on **Yoga Retreats** away from the fast city life o to detox and rejuvenate.
- Regular **Yoga Classes** for a group, individual, family, couple etc, running since the beginning.

2015 - 2018

Freelance Yoga Teacher

- Teaching individual clients for common ailments
- Group classes at RWAs, Societies, Yoga Studios, Schools etc.



CONTACT

- ☎ +91 89991 30103
- ✉ connect@hathayogainstitute.com
- 🌐 www.hathayogainstitute.com





Transformation Story



From 76 kgs to 61kgs



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



Yoga Certification Board

Certificate

MS AANCHAL CHADHA

is hereby certified as

Yoga Master

by

The Yoga Certification Board

under

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

Certificate No.:

P040045259

Validity Period:

From 20-Apr-2023 to 19-Apr-2028

Evaluated by:

PQMS Quality Services Pvt. Ltd.



(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
PQMS Quality Services Pvt. Ltd.**

**Manmeet Dewan,
Director,
PQMS Quality Services Pvt. Ltd.,
4th Floor, Sco-21, Feroze Gandhi Market,
Opp. Ludhiana Stock Exchange, Ludhiana-141001**



Issuing Date : 20-Apr-2023

**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**



BIHAR YOGA BHARATI

Institute of Advanced Studies in Yogic Sciences

*In accordance with
the Rules of the Institute*

Aanchal Chadha

Pune, Maharashtra

*on successful completion of the course
has been awarded the*

CERTIFICATE IN YOGIC STUDIES

(Three-Month Residential Course from November 2019 to January 2020)

Grade A



**SATYANANDA YOGA
BIHAR YOGA**

Swami Maitreeji
Course Director

Based on classroom attendance:

A - 90% and above

B - 80-89%

C - 70-79%

D - under 70%

*Having attained basic competency in Asana,
Pranayama, Mudra, Bandha, Shatkarma,
Yoga Nidra, Antar Mouna & AjapaJapa.*

This is not a teachers training certificate

Dated this Twenty-Fifth day of January Two Thousand and Twenty

GANGA DARSHAN, FORT, MUNGER, 811201, INDIA

रजि. नं. ३६०/११ फा.सं.को./आ- I तक/१२ कक (२२AA)/१८-४०४/२०१२-१३-२२९३

॥ श्री स्वामी समर्थ ॥



श्री स्वामी समर्थ बहुउद्देशीय सेवाभावी संस्था संचलीत (सांडगेवाडी)

श्री समर्थ बिग योग फाऊंडेशन

सांडगेवाडी, ता. पलूस, जि. सांगली.



राज्यस्तरीय पुरस्कार वितरण सोहळा

लोक कला संमेलन २०१९

मानपत्र

सन्माननीय कु. झँचम झनिम चड्ढा
पुरस्कार - योगरत्न

श्री समर्थ बिग योग फाँडेशन, सांडगेवाडी यांच्या वतीने

आपणास राज्य पातळीवरील आपला चौफेर आढावा घेत सन्मानित

करीत आहोत. आपला सन्मान इतर लोकांसाठी

निश्चितच प्रेरणादाई असेल व तो सिध्द करण्यास आपण

तत्पर आहात. अशी उमेद संस्थेस राहिल.

दिनांक : दि. १४ जुलै २०१९

स्थळ : सांडगेवाडी

अध्यक्ष

श्री अनुभवकुमार बिभिषण शिंदे

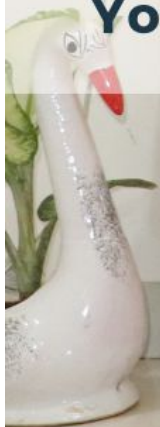
योग शिक्षक

मो. ९८९००३७०९८, ९९६०७८२४९५





Aanchal Raj
Co-Founder, Hatha Yoga Institute
is now an
Experienced Registered
Yoga Teacher 500 HRS
from the
Yoga Alliance, USA





Certification of Yoga Professionals



Certificate

Number : QCI 0 001090



This is to certify that

AANCHAL CHADHA

has been evaluated and certified as

Level 2 - Yoga Teacher

(Language of Examination - English)

Under the Scheme for Voluntary Certification of Yoga Professionals

Supported by Ministry of Ayurveda, Yoga and
Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)
Government of India

and

managed by Quality Council of India

Valid From

21-03-2018 until 20-03-2021

Subject to successful completion of surveillance before 20-09-2019

(The validity of the certificate solely depends on the
certified professional's continued compliance to prescribed
competence standards and rules of the Scheme)

Evaluated and certified by

Quality Council of India

on behalf of

Ministry of AYUSH

Rajit

Authorised Signatory and Seal



Certificate

This is to certify that
XXXXXXXXXXXX(0098)

Ms. Aanchal Chadha (Aadhaar Number)

Has successfully cleared the assessment for the
OP No. BWS/O2203)

Yoga Teacher (QP No: BWS/N-2-2007)

conforming to National Skill Qualifications

with Grade B

May 26, 2018

System Identification Number R300181-1-000000
 NATIONAL DEVELOPMENT PROGRAMME TRUST

Training Facilitated by SRI SRI CORP
Assessed by Corporate Star Assessments Pvt Ltd

Nandana Luthra
Chairman
Identity and Wellness Sector Staff Council





Acupressure Shodh Prashikshan Evam Upchar Sansthan

49/24-A, Minto Road, Prayagraj-211 001

Website : www.acusansthan-ald.in Email : ayurved_acu@rediffmail.com

Enrollment No. Jan 22/S-4.151



Aanchal Raj

This is to certify that Mr./Ms.

Anil Chadha

Son/Daughter of Mr.

Alka Chadha

and Mrs.

Advance Diploma

has completed the course of

in Acupressure Healing Science in Jan.-June, 2022 Session.

Date : 14.07.2022

Place : Prayagraj

Prescription of any kind of medicine is strictly prohibited

Vice-President (Academic Courses)



TRUE WORLD ORDER

YOGA VEDANTA FOREST ACADEMY

**THE INTERNATIONAL
SIVANANDA YOGA VEDANTA CENTRE**

H E A D Q U A R T E R S

SIVANANDA ASHRAM YOGA CAMP
8TH AVE., VAL MORIN, QUEBEC JOT 2RO, CANADA

Whereas by the Grace of God, the title

YOGA SIROMANI

Teacher of Yoga
has been awarded to

Aanchal Chadha

for training rendered and meritorious
services rendered in the field of
PROPAGATION OF YOGA

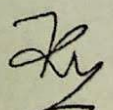
We make this award in token of such
recognition with a prayer to the Almighty
to bless the recipient hereof with
health, long life, peace, prosperity
and spiritual enlightenment.

Issued at **Neyyar Dam, Kerala, India.**

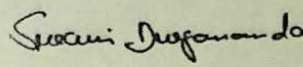
on this **2nd**

day of **February**

in the year **2019**


Member,
Executive Board




Member,
Executive Board

Diploma No. **45323**



Swāmi Vivekānanda Yoga Anusandhāna Samsthāna

(Deemed to be University under Section 3 of the UGC Act, 1956)
NAAC Accredited A+ University

CERTIFICATE

This is to certify that

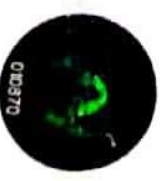
AANCHAL CHADHA



has successfully completed the requirements of the

Yoga Instructors' Course (Y.I.C)

conducted by Open & Distant Learning (ODL)



Swāmi Vivekānanda Yoga Anusandhāna Samsthāna (S-VYASA) at Praśhānti Kuṭīram,

Bengaluru, India, in the month of..... July 2020

श्रीगुरुः

Sridhar M.K.

Dr. H. R. Nagendra

Director I/C

Dr. M. K. Sridhar,

Registrar

Aug, 10th 2020

Issued on





Certified Yoga School under the Ministry of AYUSH, Government of India
and



Yoga Alliance Registered Yoga School

THIS IS TO CERTIFY THAT

Aanchal Raj

Has successfully completed

**100 HOURS
OF
PRENATAL YOGA TEACHER TRAINING**

and has fulfilled all the requirements of the assessment criteria
laid down by the School for the certification.

Issued by
Sri Sri School of Yoga,
Bengaluru, India

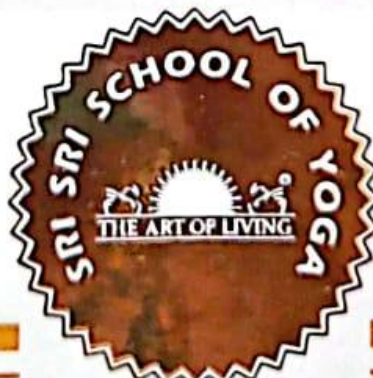
ON
23rd April, 2023

This certificate qualifies the bearer
to teach yoga as per the terms and conditions mentioned overleaf.

योग: कर्मसु कौशलम्।

Kamlesh Barwal
CEO,
Sri Sri School of Yoga, India


Certificate No : SSSYP/BLR/268



Asheesh Pal
Lead Trainer
Sri Sri School of Yoga



**SRI SRI
SCHOOL OF YOGA**

Certified Yoga School under the Ministry of AYUSH, Government of India
And
 Yoga Alliance Registered Yoga School

THIS IS TO CERTIFY THAT
AANCHAL CHADHA

Has successfully completed
**350 HOURS
OF
YOGA TEACHER TRAINING**

And has fulfilled all the requirements of the assessment criteria
laid down by the Sri Sri School of Yoga for the certification.

Issued at the
Art of Living International Center,
Bengaluru, India

ON
21st March, 2018

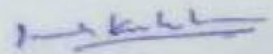
This certificate qualifies the bearer to teach yoga for the period of 3 years from the date of issuing,
subject to adhering to all the conditions laid down in the Yoga teaching agreement.

योग: कर्मसु कौशलम्।



Kamlesh Barwal
Chairperson,
Sri Sri School of Yoga, India

Gate No : SSSYT/BLR/ 817



Dinesh Kashikar
Director (Training),
Sri Sri School of Yoga, India

Morarji Desai National Institute of Yoga

(An autonomous organization under Ministry of AYUSH, Govt. of India)

68, Ashok Road, Near Gole Dak Khana, New Delhi - 110 001

Ph. 23721472, 23351099 Telefax: 011-23711657

Website: www.yogamdniy.nic.in E-mail: mdniy@yahoo.co.in



And

Sports Authority of India

(Ministry of Youth Affairs & Sports Govt. of India)

Jawaharlal Nehru Stadium Complex (East Gate)

Lodhi Road, New Delhi-110003

Website: www.sportsauthorityofindia.nic.in



FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS

Enrolment No.: FCYScW/MDNIY & SAI/MDCNS/M/0258



Certificate of Participation

This is to certify that Shri/Kum/Smt Aanchal Chadha
S/o/D/o/W/o Sh. Anil Chadha has
participated in the Foundation Course in Yoga Science for Wellness conducted by Morarji Desai
National Institute of Yoga, New Delhi from 01.01.2018 to 31.01.2018, 07:00 am to 09:00 am
at Major Dhyan Chand National Stadium, Sports Authority of India, New Delhi.

This is one month (50 hours) part-time Introductory Yoga Training Course for health
promotion.

Place: New Delhi

Date : 31st January, 2018

Ilbasavalli

DIRECTOR
MDNIY

डॉ. ईश्वर वी. बासवराडि
Dr. Ishwar V. Basavaraddi,

निदेशक / Director

मोरारजी देसाई राष्ट्रीय योग संस्थान
Morarji Desai National Institute of Yoga

(अखिल भारतीय स्तर पर, नए दिल्ली)

(Under Ministry of AYUSH, Govt. of India)

68, आशोक रोड, नई दिल्ली-110001
68, Ashok Road, New Delhi-110001

www.yogamdniy.nic.in



Your Own Great Awareness

407, Millennium Star, Near Ruby Hall Hospital, Dhule Patil Road, Pune - 411001 Tel : 020-41205050 / 41207050
"Ramya" 3, Ashiyana Park II, Opp. Petrol Pump, Aundh, Pune-7 Tel : 020-27297709

Certificate

This is to certify that Aanchal Chadha

has attended and successfully completed the requirements of

Fundamentals of Medical Yoga Pilates Therapy For Musculoskeletal Pain

held June - August 2018

issued on : 26th September 2018

R. Mahlani

DR.RENU MAHTANI

A. S. Nandekar
SUJATA NERURKAR