



# HIMANSHU RAJ



## CO-FOUNDER HATHA YOGA INSTITUTE

Full time Yoga Professional with 10+ 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 3 Yoga Teacher and Evaluator, 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
- 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
- Awarded as Yoga Bhushan, 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 5000+ people.
- Taken 50+ people on **Yoga Retreats** away from the fast city life to detox and rejuvenate.
- Regular **Yoga Classes** for a group, individual, family, couple etc, running since the beginning.

### 2015 - 2018

#### Freelance Yoga Teacher

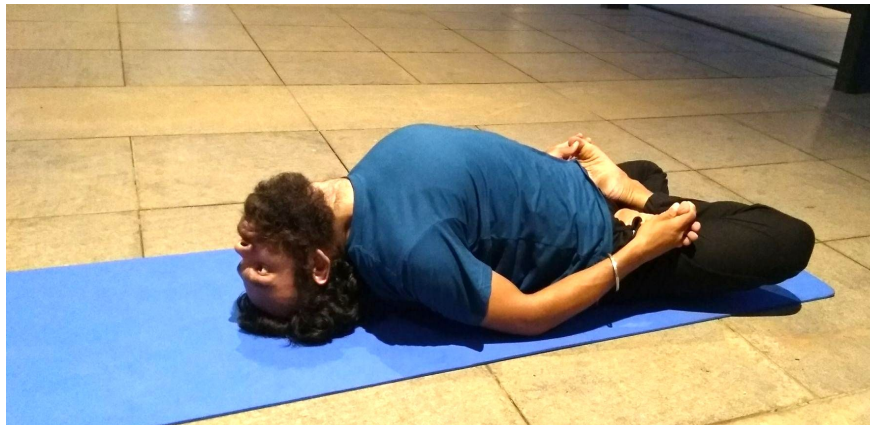
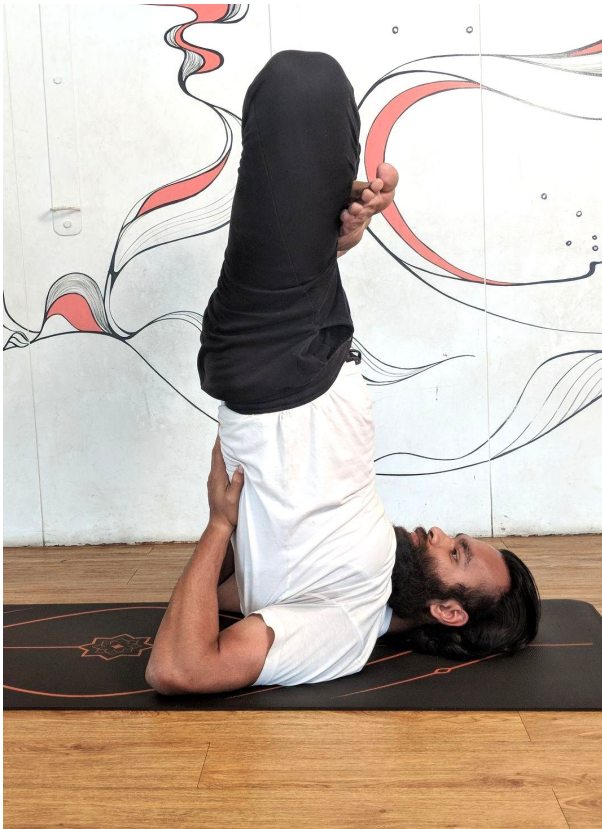
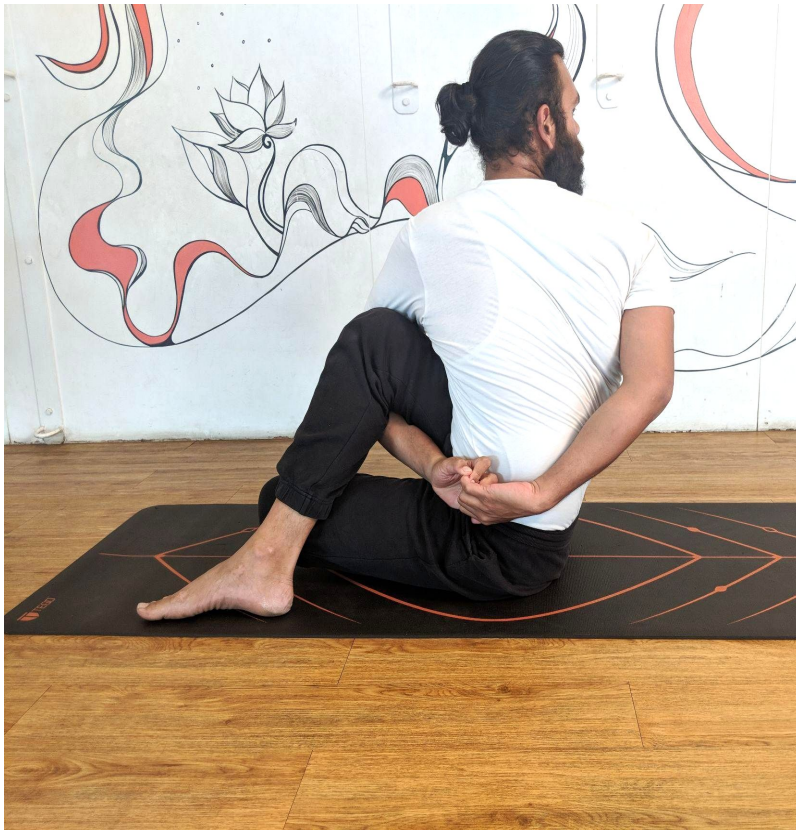
- Teaching individual clients for common ailments
- Group classes at RWAs, Societies, Yoga Studios, Schools etc.



## CONTACT

- +91 87888 55062
- connect@hathayogainstitute.com
- www.hathayogainstitute.com













# Transformation Story







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



# Yoga Certification Board

## Certificate

**SHRI HIMANSHU RAJ**

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.:** PR03000707

**Valid Upto:** 31-12-2024

**Old Certificate No.:** QCI 0001077

**Evaluated By:** Quality Council of India

(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.)



Issuing Date : 26-Mar-2021

**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*

**Himanshu Raj**  
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 Maibey*  
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-। 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



सन्माननीय श्री. हिमांशू देश राज  
पुरस्कार - योगभूषण

श्री समर्थ बिग योग फाऊंडेशन, 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









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





# Certificate

This is to certify that  
**Mr. Himanshu Raj (Aadhaar Number - XXXXXXXXXX6246)**  
has successfully cleared assessment for the role of  
**Yoga Teacher (QP No: BWS/Q2203)**  
conforming to National Skill Qualifications Framework Level - 5  
with Grade B

January 30, 2018

System Identification Number DL001641-L0000040

Training Facilitated by SRI SRI RURAL DEVELOPMENT PROGRAMME TRUST



AE87657368194B0C/AD981F30FC520983  
<http://verifycertificate.nskd.india.org>



  
**Vandana Luthra**  
Chairman  
Beauty and Wellness Sector Skill Council





# Acupressure Shodh Prashikshan Evam Upchar Sansthan

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

Website : [www.acusanshan-aid.in](http://www.acusanshan-aid.in) Email : [ayurved\\_acu@rediffmail.com](mailto:ayurved_acu@rediffmail.com)

NICD Regn. : 279/98 Dt 04-04-1998 / Renewal 2022018004521/109/2022 Dt 24-02-2022



Enrollment No. Jan 22/S-4.152



This is to certify that Mr./Ms. .... Himanshu Raj

Son/Daughter of Mr. .... Desh Raj (Father)

and Mrs. .... Sanju (Mother)

has completed the course of .... Advance Diploma

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

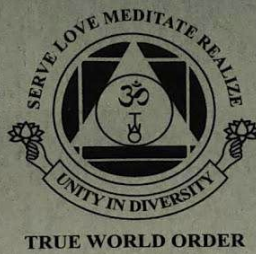
Date : 14.07.2022

Place : Prayagraj

*Prescription of any kind of medicine is strictly prohibited*

Vice-President (Academic Courses)





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


**Himanshu Raj**

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

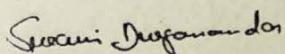
We make this award in token of such  
recognition with a prayer to the Almighty  
to bless the recipient hereof with  
health, long life, peace, prosperity  
and spiritual enlightenment.

Issued at **Neyyar Dam, Kerala, India.**  
on this **2nd** day of **February**

in the year **2019**

  
Member,  
Executive Board



  
Member,  
Executive Board

Diploma No. **45373**





**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

**HIMANSHU RAJ**

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

Certificate No : SSSYT/BLR/ 805



**Dinesh Koshikar**  
Director (Training),  
Sri Sri School of Yoga, India



Reg. No:YIC0120/024



# 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

**HIMANSHU RAJ**



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 .....

স্বামীজী:

**Dr. H. R. Nagendra**

Director I/C

**Dr. M. K. Sridhar,**

Registrar

Aug, 10th 2020

Issued on





# 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/0259



## Certificate of Participation

This is to certify that Shri/Kum/Smt Himanshu Raj  
S/o/D/o/W/o Sh. Desh Raj 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 : 31<sup>st</sup> January, 2018

DIRECTOR  
MDNIY

डॉ. ईश्वर वी. भास्वरद्धि,  
निदेशक/डायरेक्टर  
मोरारजी देसाई राष्ट्रीय योग संस्थान  
Morarji Desai National Institute of Yoga  
(अखिल भारतीय आयुर्विज्ञान संस्थान)  
(Under Ministry of AYUSH, Govt. of India)  
68, आशोक रोड, नई दिल्ली-110001  
68, Ashok Road, New Delhi-110001





16-01-2021

# SRI RAGHAV DIVYA YOG RESEARCH INSTITUTE

Address : 6275/10 Nicolson Road Near Nigar Cinema, Ambala Cantt

## प्रशस्ति पत्र

क्रमांक सं. SRD-E00207

Online Lecture Series

## प्राकृतिक कृषि महोत्सव

Himanshu Raj



Level 2 Yoga Teacher, The Quality Council of India, Ministry of AYUSH  
Level 5 Yoga Teacher, NSDC, Ministry of Skill Development and Entrepreneurship  
Yog Siromani, Shivananda Yog Vedanta Centre Trained at various yoga schools  
such as Bihar School of Yoga, Sri Sri School of Yoga and SVYASA.

आप द्वारा "Triguinas" विषय पर दिया गया व्याख्यान बहुत ही सारगर्भित और  
अनुकरणीय रहा है।

एतदर्थ श्री राघव दिव्य योग रिसर्च इंस्टीट्यूट आपका हृदय से आभार करते  
हुए आप के उज्ज्वल भविष्य की कामना करता है।

सनील कुमार

संस्थापक/चेयरमैन

संजीव कुमार  
अध्यक्ष