



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

- **MSc. Yogic Science**, SVYASA University, Bengaluru
- **B. Tech. Electrical Engineering**, Delhi Technological University
- Advance Diploma in Acupressure **Healing Science**, ASPEUS, Prayagraj
- 3 months Yogic Studies course from the Bihar School of Yoga

Certifications and Awards

- Level 3 Yoga Teacher and Evaluator, **Ministry of Ayush, GOI**
- E-RYT 500, **Yoga Alliance, USA**
- Level 5 Yoga Teacher, **National Skill Development Corporation**
- Certified Yoga Teacher, **Sri Sri School of Yoga**, Rishikesh 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
- Certificate of Honour, Indian Yoga Association, Yoga Summit, Haridwar
- Awarded as **Yoga Bhushan**, Sri Samarth Big Yoga Foundation

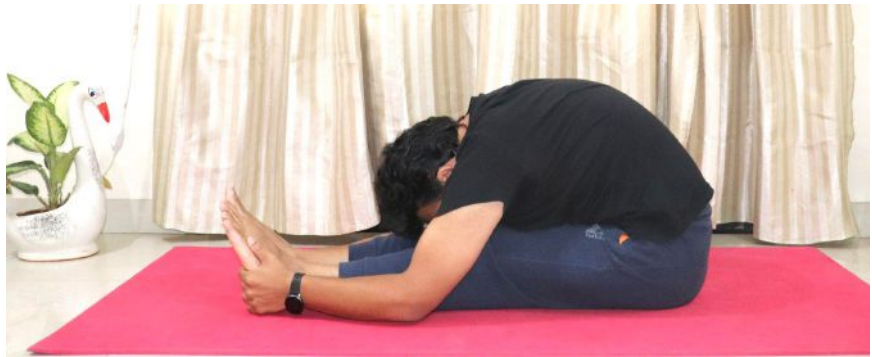
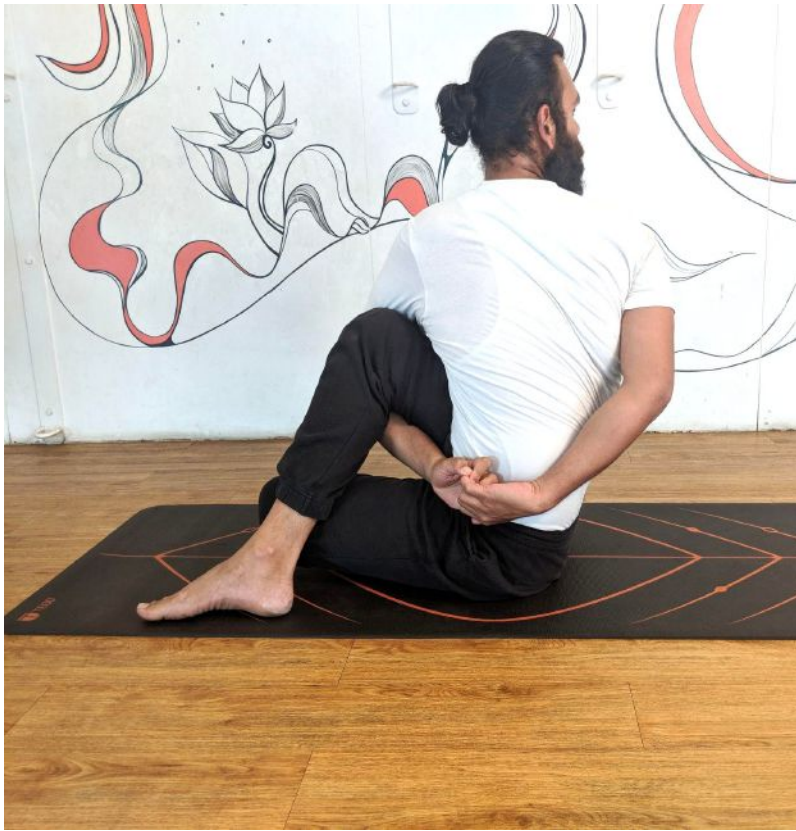
Experience

Co-Founder, Hatha Yoga Institute

- **Yoga Instructor Courses** : conducted hundreds of courses certifying thousands of students. Authored coursebooks for YCB Level 1, 2, 3 preparation for the institute. Managing multiple courses at the institute.
- **Yoga Workshops** on various topics of Yoga topics such as Jal Neti, Pranayama, Dhauti, Trataka etc educating lakhs of people.
- **Corporate Yoga** : Conducted corporate workshops for multiple companies like Amazon, SBI, Bajaj Allianz, DBS Bank, Centre, Cradle Maternity Hospital, Agrowon, Iteach etc.
- **Yoga Retreats** : Have given Yogic lifestyle experience to many people through a well designed Yoga Retreat in the lap of nature.
- **Yoga Classes** : Regular Classes for groups, individuals, family, couples, health issue, etc giving them all the benefits of Yoga.

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

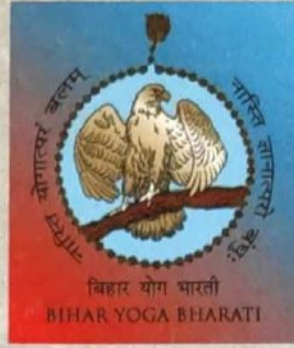
(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga professionals.)



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



AE87657368194B9C/AD981F30FC520983
<http://verifycertificate.nskd.in/na.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 Email : 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
Desh Raj

Son/Daughter of Mr.

(Father)

and Mrs. Sanju

(Mother)

has completed the course of

Advance Diploma

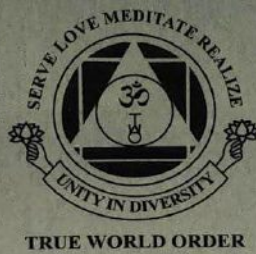
in Acupressure Healing Science in Jan.-June, 2022 Session.

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 2R0, CANADA

Whereas by the Grace of God, the title

YOGA SIROMANI

Teacher of Yoga
has been awarded to

Himanshu Raj

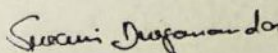
for training rendered and meritorious
services rendered in the field of
PROPAGATION OF YOGA

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 Kashikar
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

नमोऽस्तुते

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.

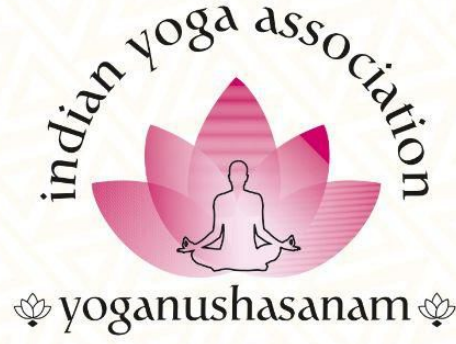
This is one month (50 hours) part-time Introductory Yoga Training Course for health
promotion.

Place: New Delhi

Date : 31st January, 2018

DIRECTOR
MDNIY

डॉ. ईश्वर वी. बाखरवडि,
निदेशक/डायरेक्टर
मोरारजी देसाई राष्ट्रीय योग संस्थान
Morarji Desai National Institute of Yoga
(अनुमोदित अणु संस्थान, भारत सरकार)
(Under Ministry of AYUSH, Govt. of India)
६८, आशोक रोड, नई दिल्ली-११०००१
68, Ashok Road, New Delhi-110001



Indian Yoga Association

Certificate of Honour

Presented to

Himanshu Raj

for 'Invited Workshop Presenter' on title 'Importance and Application' at International Yoga Summit 2023 of IYA held on November 17-19, 2023 at Dev Sanskriti Vishwavidyalaya Shantikunj, Haridwar

19 November, 2023


Shri Subodh Tiwari
Secretary General, IYA



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