

# CONTACTS FOR BECOMING YOG TRAINERS

**I**n collaboration with the Patanjali Yogpeeth, Hardwar, the different Pantajali Yog committees are conducting training camps for Yog trainers and assistant yog teachers from 15<sup>th</sup> April 2008 to 15<sup>th</sup> April 2009 at district levels. Yogrishi Revered Swami Ramdevji Maharaj is inviting Yog teachers to this pious campaign to join hands in the mission of 'Healthy India Healthy World.' Please contact at the following addresses in your district in order to become Yog teachers.

**Chief Central In charge-** Dr. Jayadeep Arya- 9760002093, 9760095214, Central In-charge -Shri Bhupender Bhai Shah (South India) – 9960312233, Shri Sanjay Agarwal (Madhya Bharath) – 9425583197, Shri Raghuvveer Saini (Incharge North India) – 986040108 and Dr. Thakur Das Ranjan (North India) – 9319040517, Subhrato Mukherjee (North East India) – 9434112016, Shayam Shankar Ray (North East India) – 9854345528, Ganesh Chandra (Om Ji) Pandey (Nepal) – 9839640205, Nepal Incharge.

**State Incharge Assam** – Shiri Shakthi Ranjan Paul – 9435289910 **Mandal Incharge Assam** – Kareem Ganj- Sunil Kumar Das – 9435374654, Nalvari – Vijay Kumar Sharma -9435289910, Guwahati – Mihir Sen Gupta – 9435048638, Dibru Gadh – Mahesh Munka – 9435030522, Tin Sukhiya – Parmeshwar Jalaan – 9435335666, Kokra Jhad – Shakti Ranjan Paul 9435289910, **President- Bonai gaon** – Karunakanth nath.Chirang – Samar kumar Brahma – 09954184703, Kaccar – Sukumar Chandra Nath – 03842-266821, 223329, Dibrugarh – Mahesh Munka – 09435030522, Dhubari – Dilip Kumar Paul – 09435214890, Golpara – Geeta Das – 09435001129, Halakandi – Parmila Paul – 09435377781, Johraat – Bhabhendranath Dutta – 09435352965, Karimgunj – Sunil Kumar Das – 09435374654, Kamroop Metur – Joshna Sikander Panthgiri – 0986406886, Nagour – Deenbandhu Goswami – 03674 – 263588, Nalbari – Purushottam Chandra Sharma – 09435028083, Tinsukhiya – Asha Jalan - - 094435336566, Kokrajhar – Manoj Kumar – 094355629607, Barpeda – Sreedhar Sharma – 09435025387, North Lakhmipur – Bolenarayan – Pukhan – 09435520766, Sonitpur – Kusum Tiberwal –

09435711931, Shiv Sagar – Subarta Paul – 03772-251085, Golaghat – Gauri Shankar Binani – 09435151085, Kaamrup Rular – Deepanjali Kalinata – 9435346009.

**State In charge Andhra Pradesh** – Acharya Narendra – 9440176855, **Mandal In charge Andhra Pradesh Central AP – 1**, S.Narendra Arya – 9866064716, Andhra Pradesh Central AP -2, A. Hari Nath Rao – 9866473009, Coastal Andhra West – T V V R Gandhi - 09392130672, Telangana – A Anand Kumar Sharma – 09440369693, Coastal Andhra East – B S Murthy – 09246247382, Rayalseema – P Shiva Kumar – 09440477567, Visakhapatnam – Mahesh Narayan Tripathi – 9440720625, **President** – Adilabad – Annarao.J. – 09989598114, Guntur – K. Nageshwar Rao- 09885296285, Hyderabad- N. Nageshwar Ray – 09490313580, Karimnagar – Arojwala Prabhakar Sharma – 09963456923, Krishna – S. Srinivas Rao – Medak – T. Narayana – 08455-256465, Mahboobnagar – E. Kishtiha 09440067244, Nellore – Hareena Rohini M. – 09949412360, Nizamabad – P. Prabhakar – 09848187411, Rangareddy – P. Shivkumar – 09440477567, Vishakhapatnam – Mahesh Narayana Tripathi – 09441018789, Elluru – M.V.V. Tuliram – 9447843590, Prakasham – Hanumanth Rao – 9849097628, East Godavari – Satya Narayana Murthy – 9949472081, Nalgonda – P. Srinivasa Rao – 9848039562. Ananthapur – S. Surya Narayana – 9440288999, Kurnool – P. Narasimhulu – 9949125990.

**State In charge Arunachal Pradesh** – Amalendu Meti -9436250388, **Mandal In charge Arunachal Pradesh** – Amalendu Meti – 9436250388, 0360&2214565

**State In charge Bihar** – Ajit Kumar – 9431809035, 9835463674, **Mandal In charge – Bihar** – Meera Kaumudhi – 9835071604, Katihar – Sanjeev Kumar – 9431096156, Bhagalpur – Dinesh Kumar Sharma – 9431205244, Patna –Ajay Kumar Sharma – 9334392253, Nalanda – Ramji Prasad – 9835612040, Kemoor – Pankaj Kumar Pandey – 9431188737,

## CONTACTS FOR BECOMING YOG TRAINERS

Samastipur – Ranveer Kumar – 9934774395, 9835068868, **President** – Ariya – Jai Prakash Rai – 09835293898, Aurangabad – Dashrath Prasad – 9234317150, Begu – Shobha Rani Sinha – 9934238439, Bhagalpur – Dinesh Kumar – 09431205244, 9934095288, West Champaran – Ajit Kumar – 09431809035, 9835463674, Chapra – Swami Dharmanand – 09939714923, 09334137145, Darbhanga – Hemtiya Jha – 9431602728, East Champaran – Keshav Krishna Dutta – 9431053309, Gaya – Ramanand Vardhan Prasad – 09835071352, Gopal gunj – Manan Kumar Mishra – 9431025478, Jahanabad – Asha Kumari – 06114 – 222288, Baghriya – Kamleshwari Prasad – 09931885226, 9939206768, Katihar – Sanjeev Kumar – 9431096156, Madhubani – Revati Raman Choudhary – 06276-224332, Munger – Devnaryana Mandal – 9430884748, Mujjafarpur – Meera Kaumudi – 98350771604, Nalanda – Anil Kumar Sinha – 9811674981, Navda – Jeetender Kumar Ary – 06324 – 301674, Patna – Ajay Kumar- 9334392253, Puraniya – Rajesh Bharati – 9334879674, Rohtas – Ramanad Sinha – 9430643662, Sitamadhi – Jagdish Bharati – 06226-25069, Sahrsa – Chandra Jha – 9431440188, Shekhpura – Anup Kumar Gupta – 9334740611, Supol – Arun Kumar Mehta – Samastipur – Anil Kumar Gupta – 9431641920, Vaishali – Krishna Prasad – 9431057495, Jumi – Narendra Prasad Sinha – 9430041534, Danapur – Ved Prakash – 9431073332, Hajipur – Krishna Prasad – 9431057495.

**Chandigarh - State In charge** – Vinod Kumar Bharadwaj – 9815011707, Panchkula – Premchandra Ahuja - 9417398227 **President** - S.S, Central In-charge (Vice President) R.R.Pasi -9417367300 , Regional In-charge (General Secretary) – Prem ahuja – 9417398227 Regional In-charge (co-ordinator) – Sardar Jagvant Singh Aath – 9872411989, president -Dhavan – 9872635738, Mohali – Manmohan Singh – 9319511869, Panchkula – Ashwini Goyal – 9417600004.

**Chatisgarh – State Incharge** – Sanjay Agarwal- 9425583197, Mandal Incharge – Raipur – Chavi Ram Shahu – 9425517362, Jadalpur – Manoj Paanigrahi – 9425517362, Sagruja – Ravindra Swarnakaar – 9826153002, Dueg – Pradeep Shukl – 9926973873, Bilaspur – Kishan Lal Khurre – 93—327354, **Presi-**

**dent – Bastar** - Virendra Kumar dhar – 9424276324, Bilaspur – Sunil Teja – 9827166010. Durg – Pradeep Shukla – 99326973873, Jahangeer – Amar Nath Soni – 9425223286, Korba – Bishweshar Singh Thakur – 9827958251, Korea – Kadar Nath Seth - 9301532431, Raighad – Bisram Prasad Chandra – 9827481157, Raipur – Rakesh Dubey – 9329119099, 9826622116, Sarguja – Ajay Kumar Gupta – 9425582417, Rajanand Gaon – Dilep Kumar Jain – 9424111218, 9993851055, Jaspur – Shiva Anand Mishra – 9329441445, Dhamtari – Depeesh Sahu – 94-6084790, Mahasamund – Manik Lal – 9424240421, 9452102041, Kabirdham – Jaganath Prasad Gupta – 07741 – 232370, Bijapur – Sunil Kumar Das – 9425214448, Dantevari – Vimal Surama – 9463120067. Kankher – Dadu Lal Patel – 9424275080, Narayanpur – Badra Prasad Gupta – 9425596225.

**Delhi – State Incharge** – Pavan Kumar – 9811066618, **Mandal Incharge South West** – Raghuraj Singh – 9811542351, 9868263426, **North East** – Bahagvan Das – 9868263426, **President** - Central Delhi – Gyan Singh – 9810375598, North East Delhi – Udayveer Singh – 9968073819, 9868248541, South East – Kavita Singh – 9899497626, East Delhi – Om Prakash Mayank – 9810276806, West Delhi – Anil Kumar Srivastav – 9868268332, South Delhi – R.S.Malik – 011-20034956, North Delhi – Kishan Sinha Chauhan – 9911880909, South West Delhi – Anil Kumar Srivastav – 9868268332, North West Delhi – Satya Narayana Sharma – 9213945081.

**Goa – President** – Prabhavati Yadav – 09228162962; **State Incharge** - Suraj Padmanabh - Konkan - 9423056653, **Mandal Incharge** - konkan – Manidar Sripad Amshekhar- 9421152097, West Goa – Vinay Desai – 9822005641, 9422437758, South Goa – Kamal Digambar Phuleri – 9420685982, 9423882712, **President** - West Goa – Shripad Jaganath Kamat - -832-2779572, South Goa – Subhash Nagoborkar - -832-2669572, East Goa – Shivdas Desai – 9850616878.

**Gujrat : State Incharge** - Sheeshpal Rajput – 9724336801, **Asst. Incharge** : Mahesh Chandra Patel – 9724336802, **Mandal Incharge** - Anand – Bharat Singh Guhil – 9724336806. Banaskantha – Mahesh Chandra Patel – 9427373578, Navsari – Desai Hetal-

## CONTACTS FOR BECOMING YOG TRAINERS

9724336803, Surat – Manu Bhai Dhola – 9724336804, Surat – Nen ben Yashodhar Dixit – 9825195664, 9898585664, Junagarh – Mahesh Bhai Mehta – 9724336808, Kutch – Mukesh Trivedi – 9879357773, **President** - Ahmedabad – Pravesh Kumar Patel – 9376141831, Anand – Bharat Singh – 9724336806, Banaskatha – Mahesh Chandra Patel – 9724336800, Balshah – Vinod Bala Kansara – 0278-2565112, Dahod – Kamlesh Chandra Sharma – 9724336815, Gandhinagar – Patel Manubhai Ambalal – 9427314388, Jamnagar – Umed Sinha Balubha Sodha - -288-2711100, Junagarh – Mahesh Vallabh Mehta – 9898071158, Kuch – Tanvi Ben Joshi – 9825653187, Mehsana – Daya Bhai Vedh – 9427319257, Navsari – Hetal .H. Desai – 9427469333, Porbandar – Naresh Bhai Devji Bhai – 02674252959, Rajkot – Rashik Lal Jethalal – 09879081617, Panchmahal – Patel Vidilal Shankalbhai – 9724336795, Sabarkatha – Pursohattam Bhai - 9724336811, Surat – Jayesh bhai -9724336794 Surendra Nagar – K.C.Rana - 9724336805 Baroda – Jayesh bhai -9724336794 Valsad - Mahesh bhai Nayak - 9724336787

**Haryana – State Incharge** - Rakesh Mittal – 9416168390, 9896495431, **Mandal incharge** - Rohtak – Dr. Satyavan Badoda – 941622872, Fatehabad – Madan gopal Arya – 9416587083, Faridabad – Raj Narayana – 9312255398, Karnal – Manoj Mittal – 9896164571, Mahendragarh – Acharya Suman – 9416902008, **President** - Ambala – Ashwini Kumar – 9255543499, Bhivani – Hansraj Gulati – 9812209572, Faridabad – Raj Narayana – 9312255398, Fatehabad – Ramesh Chandra karma – 9412171650, Gurgaon – Acharya Giriraj Sharma – 9868141411, Jeend – Ved Prakash – 9813225180, Jhajar – Prem Singh – 9812027490, Kurukshetra – Rah Pawar – 9416266554, Kaithal – Ashol Mittal – 9812412032. Karnal – Ajay Kumar Sharma – 9416391999, Mahendragarh – Acharya Suman – 9416902008, Mewar – Eashwar Singh Arya – 9812620592, Rewari – Balwant Singh Yadav – 9416249090, Rohtak – Balkrishna Saini – 9416210168, Sirsa – Indraraj – 9416325438, Sonipat – Yashpal – 9354807214, Yamunanagar – Mahendra Singh – 9466660788, Panipat – Eshwar Singh Arya – 9812620592, Hisar – Muniram Khatak – 9416091480.

**Himachal Pradesh – State Incharge** - Gyan

Chand – 9418056672, **Mandal Incharge** – Acharya Prem Thakur-9418042411, Una – Pravesh Kumar – 94180430126, Shimla – Tejpal Singhal – 9816667870, Solan – Rajesh Kapoor – 9418226912, Hamirpur – Ranjeet Singh Guleriya – 9412115238, **President** – Bilaspur – Kishan lal Dabra – 9418019598, Chamba – Rajendra Kumar – 9418247579, Hamirpur – Narendra Kumar – 9418094797, Kagda – Jagdev Thakur – 9418465252, Kullu – Om Prakash – 9418066354, Mandi – Shravan Kumar Arya – 9418030394, Shimla – Mohan Lal Verma – 01783-238525, 9481488525 Sirmaur – SS. Sharma – 9418265826, Solan – Braj Bihari Lal Kaushal - 9418126838, Una – Kailash Chandra Sharma – 1975-262070, Lahol Spiti – Mangal Chand – 0418495009, Jammu Kashmir – Jammu – Uma Sharma – 941915313187, 981715118 Lahol – Sfiti Mangal chand- 9418495009

**Jammu Kashmir – State Incharge** – Mahatma Ram Bhikshu – 09906265901, 9416768179, **Mandal incharge** - Jammu – Surendra Kumar Gupta – 9419117059, Jammu – Captain Dev Prakash – 9419607097. Jammu – Hem Raj Sharma – 94119133757, 94192026190, Jammu – Rajkumar Gupta – 9419161371, **President** – Uma Sharma – 9419193952, Jagdish Singh Jambal – 9419153187, Punch – Basant Singh Bhagi – 9419606578, Rajouri – 9906390522, Rayasi – Rakesh Gupta – 9419160253, Nagar Mal – 9419655402, Kuldeep Panodh – 9906042209, Yograj Khajuriya – 9906039775.

**Jharkhand – State Incharge** – Dhanbad- Shambhu Dayal Singh – 9431725785, 9431711188 – Ranchi K..L.Choudhary – 9334967747, Devdhar – Omkar Prasad – 9431003654, **President** – Bokaro – Mahesh Dutt Sinha – 9835597468, Devdhar - Beenapani – 9437328031, Dhanbad – Shambhudayal Singh – 9431725785, Dumka – Gopal Prasad – 9430318485, Girideeh – Chandra Haas Kumar – 9835576185, Godda – Deep Narayana Shah- 9431519470, Jamshedpur – Julie Gupta – 9835139239, Hazaribagh – Kanchan Kumar Singh – 09955998329, west Singhbhoom – Braj Bhushan Singh -9431373477 Lohdarga – Ram Jatan Ram - 9334292318 Gumla – Prog Vinayak Lal; Jamtara – Haradha Mahato -9955998343 Kodarma – Samarjeet Das - 9955998339, Latehar – Mahendra Prasad Singh



– 9431193319, Palamu – Ram Naresh Tiwari – 06562 0 225309, Ranchi – shiv Govind Pandey - 9431115033, Ramgarh – Sunil Kumar - 9835135286 Sahebgumj – Pradeep Kumar Singh – 9431369794.

## CONTACTS FOR BECOMING YOG TRAINERS

Narsinagarh – Dependra Sharma – 07375 – 245373, **President** - Anuppur- Brijesh Kumar Singh – 9827807281, Ashok Nagar – Kamal Singh Yadav – 9425191956, Betul - Bhimrao – 9993509042, Bheend – Krishna Gopal Sharma – 9977467960, Bhopal – T.C.

### **Karnataka State Incharge -**

B.S.Patange – 9448115444, **Mandal Incharge** – **Raichur** – Banwar Lal – 9448120443, **Gulbarga** – K.G.Patel – 9448449748, **Bhagalkot** – B.R.Kulkarni – 9449011550, **Dharwad** – M.C. Rudragoud – 9845571540, **Bangalore** – Sunil Patil – 9986093411, **Devangeer** – S.S.Sanmukha – 9448655755, **North Kannada –Udipi** – Nirmal Kumar Haldhar – 9448965540, **Bangalore** - Radhakrishna Varma – 9448492814, **President** - Bhagalkot – Bandhu R.Kulkarni – 9448749820, Raichur – G.V.Goda - 8532&228944 North Karnataka – Nirmal Kumar - 9448965540 Chikmangalore – S.Y.Diwakar Bhatt - 08262&230507 Davnagere – S S Sanmukh -9448655755 Bangalore – Shantilal – 9449186885, Belgaon – Maharudra Chanbasappa Rudrago – 985571540, Bidaar – Rajkumar Patil – 9448410741, Dharwad – Gangadhar . H. Gangaji – 9880580174, Gulbarga – K.R.Kulkarni – 9448749820, Raichur – G.V.Gouda – 8532-228944, North Kannada – Nirmal Kumar – 944862117, Hasan – C.Narasimha Bhatt – 9448544623, Bijapur – Ashok . J. Heeradesai – 9448247795, Udipi – Umananda K.V. 9886423623; Baleri – B H Srinivas Rao - 9844229393 South Karnataka – K. Sunanda J Rai -9886714707 Mysore – Ratna Rai - 9448247795 .

**Kerala** – State Incharge – P.Chandra Kutti – 9891239695, Trivendram – Ravindranathan Ayyar – 9447450721, Palaghat – K.Damyanti – 9388501455, 09446572549 Trivendrum – Suresh Mepram – 9446326767, Eranakulam – C.S.G.Rai – 9446537937, Cochin – G.Dilip – 9447962414.

**Madhya Pradesh** – Pushpanjali Sharma – 9425357804, **Asst. State Incharge** - Vivek Upadhyay – 09300720511, **Mandal Incharge** – Chambal – Gwalior – Kamlesh Kaur – 9301141401, Ujjain – Pranpal Kicchi – 245085, Indore – Bhimrao Avade – 931141401, Bhopal – Hoshangabad – Vivek Upadhyay – 9300720511, Sagar – Purushottam Lal Pandey – 9425626611, Reeva – Kishan Dev Singh- 9425874422, Jabalpur – Avdesh Chandra Khar – 0761- 2629747,

Baval – 9827055858, Balaghat – K.L.Sonvane – 07632- 249014, Brahmapur – Meena Varma – 9229594245, Chatarpur- Devesh Kumar Soni – 9893327808, Chitvan – Abhimanyu Singh – 9329297459, Damoh – Deepak Singh Rajput – 9425455434, Dhar – Madhukar Rai – 9329699359, East Nimar – Rajeev Sharma – 9425086421. Gunah – Haarveer Singh – 9893671090, Gwalior – Hari Kishan Shastri – 9329035927, Harda – Rameshwar Patel – 942545013, Hosangabad – Ved Prakash Sharma – 9907333228, Jabalpur – Ramlal Rajak – 9424686763, Jhabua – Ravi Mehra – 9827536090, Katni – Savita Tripathi – 9893381809, Mandala – Savita Tripathi – 9893386609, Muraina – Oushkal Narayana Sharma – 9425784865, Mandsaur – Prahlad Patidhar – 07425-232196, Narsinhpur – Savtara Kumar Sharma – 9425159670, Nimach – Darshan Singh – 9826553946, Rajghar – Vivek Upadhyay – 9300720511, Ratlaam – Ramesh Chandra Sheepa – 9425355346, Reeva – Krishna Dev Singh – 9425874422, Sagar – Purushottam Lal Pandey – 9425626611, Sirohi – Devaki Nandan Khatri – 93200605991, 98269797, Satna – Prakash Chandra Sangai – 07672-415187, Sahdol – H.L.Soni – 9826408570, Shahjahapur – Jagdish Prasad Agarwal - ;9826518186, Shivpur – Ramchandracharya- 983792829, Sinoi – 94243518186, Sidhi – Uday Bhan Patel – 93403122008, Ujjain – Bhamvesh Singh Pawar – 9827523193, Umrai - vijay Kishor Srivastava -9752591949, Indore – Sandeep Manjoshi – 9826039138, Porsa (muraina) – Mahesh Chandra Garg – 07538 – 254055 Vidisha – Shyam Singh – 9425463749.

**Maharashtra** – **Regional In-charge** – **Bhupendrabhai Shah** - 9960312233 **State Incharge** – Manju Shah Milind Gupta – 0240- 2360401, **Asst. State Incharge** - Vishnu Ramanuj Das Bhutda – 9421445577, **Asst. State Incharge** – Narasimha K. Gulkotvar – 9869878973, **Mandal Incharge** - Aurangabad – Milind Shukla – 9423215736, 9960322233, Pune – Balchand Ganpath Padalkar –

## CONTACTS FOR BECOMING YOG TRAINERS

9422062679, Sholapur – Sudha Avinash Alimore – 943326071, Raigarh – Anil Anand Rai Pokharnikar – 09922916207, Lathur – Vishnu Bhutda- 9421445577, 9850556665, Bhandara – Kishore Govind Thakare – 9421812704, Nasik – Gokul Ghughe – 9226471041, Nanded – Akhilkhan Mansabkhan – 94237602333, Nagpur – Ramvila Shradha ji – 9822570287, **President – Maharashtra** – Ahmadnagar – Rangroo – Bemare Shamrao – 9890862219, Akola – Ravianna Deshmukh – 9423428664, Amravati – Shankar Rai Ram Chandra – 07212520842, Aurangabad – Milind Sudhakar Shukla – 9822261515, Buldhana – Radheshyam Muralidhar – 9422181943, Bhandara – Ram Vilas Sharada – 9822570287, Chandrapur – Bhagatji Gupta – 07172-251490, Dhule – Kashinath Shankar Rai Morankar – 9423192935, Garchiroli – Vinay . V. Dhole – 9422150554, Gondia – Chandra Shekhar Dattamay Joshi – 9326845408, Hingoli – Ganesh Prasad Jaganath Bhatt – 9422185565, Jalgaon – Somnath Jaganath Pawar – 98229692358, Jalna – Vyas Sanjay Muralidhar Rai – 9823014675, Kholapur – Arun Chandrakant – 0231-2625341, Mumbai – Narasimha .K. Gulkotvar – 9869878973, Lathur – Venkatesh Bandhudas Munde – 9421445566, East Mumbai – Naresh Chandra Shastri – 9820804254,, New Mumbai – Kishan Kumar Jain – 9323253209, North Mumbai – Prabhakar Bhagvan Satpute – 9422342950, South Mumbai – Srikanth Madhusudan – 9821118765, West Mumbai – Ashok Dwivedi – 2226181415, Nagpur – Punjabrai Narayana Rai Deshmukh – 9371824360, Nanded – Sudhakar Mukund Rai – 9423441530, Nandubur – Chandr Ratnmal – 9226880668, Nasik – Chokarmohan Namdev – 9421565828, Usmanabad – Nitin Navade – 9422655071, Pune – Bhupender K. Shah – 9960312233, Pune – (Pimpri Chinwad) – Girish Vasudev Farande – 9326717038, Raigarh – gautam Chanlal lunva - 9822832378, Saangali – Malathi Shah Bhagve – 9822223498, Satara – Dinkar Madhav Patil - 9423865212, Sindhu Durg – Parshuram Achuyut – 9422017524, Sholapur – Mane Yashwant Sakharam – 9850680530, Thane – Meena Rawat – 9967355801, Wardha – Marota Raoji Mude Bhagvan – 9325653177, Vasim – Rupesh Ram Chandra – 9822369880, Yavatmal – Dinesh Krishna Rathore – 9421845067, 9325234243, Parvani – sakhare Madhav Rao – 9423143008, Beed – Shriram Dagduba Lakhe patil – 9822670053, Ratnagiri

– Ramjayant – 02352237258.

**Meghalaya – State Incharge** – Umesh Chandra Gotiya – 9436101262, **Mandal Incharge** –Khasihil – Umesh Chandra Gotiya – 9436161262, Shillong – Ashol Kumar Singh – 9436303630, Shillong – Hiram Chakraborty – 9436105599, Shillong – Ram Gopal Agarwal – 9863066636, **President** – Shillong – Umesh Chandra Ghotiya – 9436101262, Tura – Shri Banarasi Lal Agarwal – 9436112703, East Garo – Shri Sujen Chakraborty – 03651- 263528, West Garo – Shri Kalipada Shah – 03651-265330.

**Mumbai – State Incharge** - Suresh Nayak – 9820275929 ; Regional (Women) in-charge – Shradha Desai - 9323856837; zonal In-charge – Andheri – Dadar – Shrikant Barve - 9821118765 Borivelli – Tarun Kumar Vyas - 9820620007 Mulund – Santa Cruz – Naresh Shastri -9820804254 Thane –Kalyan – Vrishali Chouhan - 9224273173 President – Kolaba – Suresh Yadav - 9969543668 Dadar Medha Chipkar - 9820020479 Bhandara – Sudha Seth - 9819378342 Mumbai – Narendra Shastri -9869113402 Kandivili – Raman Bhai Shastri -2228813202; Borivili – Dr. P.B. Satpute – 9892071980 Bhiasare – Pratibha Nangare –9870775202 Chembur – Aparna Joshi – 9852820456 Mulund – Neelkanth Mehtani Mina Rawat - 9967355801 Thane and Kalyan – vijay Kumar –9869116771 Vash –Abhay Kabra - 9820000684

**Nepal : State Incharge** - Lav Dev Mishra – 0097791251999, **Mandal incharge** - Kelali – Madan Raj pandey – 00977- 91521025, Benke – nara kanta Joshi – 00977-81524027, Dhangiri – Lavdev Mishra – 00977-91251999, Vasundhara – Chandra mani Khalal – 9851023909, Chitvan – Kamal Prasad Oli – 9745010885, Damak – Ganga Prasad Dhakal – 0097723580650, Rupandehi – Guna nidhi Panthi – 9857026063, Morang –Hima Dhugana – 009841399389, Birkunji – Madhav Bhandari – 9845042520, Kathmandu – Sanjay Kachapati – 9842301559, western Region – Damodar Khadka – 00977-41066510, **PRESIDENT** Dang Tulasipur -0977-82522248, Bara –RajeshkumarGupta- 00977-53550616, Chitane –KamalPrasad- 097756523407, Damak/Khatmandu-Chandramani Khanal-0977-9851023909,Kanchanpur Lavdev Bhatt - 97799521732, K.lali-Lovdev Misra -0977-99521732,

## CONTACTS FOR BECOMING YOG TRAINERS

Morang – Premkumar Soni-00977-21527984, Persa-Bhimprasad Surfe-0977-51524953, Dhamang Jhapa-GangaPrasad-00977-23580733, Gulmi-Sureshchandra-00977-71560301, Jagnapuranchal-Vijaykumar Misra-9844024020, Kapilvastu-Brijesh Gautham-9415758289, Kapilavastu-GunanidhiPanthi-00977-71560301, Salohi/Sunsari-Kirankumar-09219308872, Surkheth-SuryamanShakya-083-20963, Viratnagar-Premkumar Soni-00977-9852020-327, Hoshiarpur-Makhwanpur-Bhikshukumar Shreshta-0977-9855067790.

**Orissa: State Incharge** -Sudhanshu Shekhar Adhikari-09437026355, **Mandal Incharge-Khurda**-Sudhanshu Shekhar Adhikari-09437026355, Cuttack-KapilkumarThonk-9438082244,

Sundargarh- Jadunath Das-9437378819, 9437739642, **President** – Angul-Abhaykumar Roy - 986108900, Baalasar- Sujitkumar- 9861042553, Bhadak-Rajendraprasad-9938541533, Baaraghar- Belalsen Sarraf-9437345221, Belgir- Ramlal Jain- 9437039877, Cuttack-Subhashchandra- 9437020470, Dhonaknal-Prabhodkumar Patnaik- 9437156881, Devghar – Prithviraj Patnaik- 9437158260, Ganjjam-Devraj Panigrahi-9437060940, jajpur-Trilochan Biswal-9437027310, Jagjit Sinhapur- Chittranjan Biswal-9861370263, Koraput- Gurumurthy Mohanty-9437236687, Kandhamal-Nayanranjan Das-06782-269710, Kendra-Pitambar Parida-06727-232212, Kurda-Sudhamshu Shekhar Adhikari-9437026355, Kayon Jhar-Jaidev Naik-9437378819, Kalahandi-Niharkantha Panda-06673-254018, Mayur Bhanj- Hemanth Kumar Mohanta-94370299658, Nyayghar- Upendra Mohanty-9338087991, Norangpur-Chowdhary radhakrishna Panda-6858-228507, Naupada-Hemanth Kumar Dhananthseena-9437734108, Puri-Krishnchandradas-9437404798, Rayghada- Surendra Kumar Behra-9437845612, Surendraghar- Jaadunath das-9437248788, Subhanpur- Veeranchinarayana Mohapada-9437892550, Sambalpur-Natwarlal Agarwal-9437258226,

**Punjab : State Incharge**- Krishnalal Gupta-098726331, **Mandal Incharge**-

Amritsar – Subhash chandra Suman-09815842417, Muktsar - Leeladhar Gupta- 01633-260118, Ludhiana - Vijaykapoor-9815620369, Ropad - B.D.Sharma - 0187-221939, Manasa - Amarjeet singh - 09217808392,

**President** – Amritsar - Jagdeeswar Singh - 9915384590, Barnala - Madhu Gupta - 9815603554, Bhatinda - Radheshyam Bansal - 9815830290, Ferojpur-Harbajan singh Chawla - 01632-220192, Faridkot – Suresh kumar Suri - 9814968405, Fatehghad Saheb - Akaash chowdhary - 921633300, Gurudaspur - Hoshiarsingh Thakur-9417809607, Hoshiarpur - Pushpendra Swarrop - 9417526170, Jalandhar - Amitkumar Mitra - 9815403453, Kapurtala - Manojkumar Bhandari - 9463027979, Ludhiana - Sukhvinder Singh-9855471454, Manasa - Amarjeet Singh - 9217808392, Muktsar - Leeladhar Gupta - 9814341415, Nawa Shahar - Virendra kumar Noori - 9855421330, Patiala - Ashok Rana - 9814341415, Ropad - Tarsem lal Ratan - 9417377943, Sangrur - Jaikishan Malhotra - 9417036639, Mogha - Satish Munjal - 9417330888, Tarantaran - Ranjit singh - 9815764261,

**State Incharge Rajasthan** - Kulbhushan Bairati – 9414071022, **Mandal Incharge Jaipur** - Dr Om Prakash Sharma – 09413436299, Jodhpur – Suresh Sharma – 9314138001, Hanumangar – Ramesh Kumar – 9414094874, Pratap Nagar – Vishnu Kumar Goyal – 0151-2525012, Bikaner – Vinod Joshi – 9414140398, Kota – Puran Chand Mittal -0744-2370264, Dhungapur – Mahendar Kumar Kothari – 9460022133, Jaipur – Preethi Sharma – 0141-2359825, Pali - K.D.Sharma - 2935225209, Rajsamanth kartar singh - 9414472446, Sikar - Sarita Gujjar - 9314144789, Sirohi - Bharatinath - 9982728331, Sawayimadhopur - Ramesh Chandra Garg - 9314385396, Tonak - Radheshyam Singh Chawla - 01632-220192, Faridkot -Suresh kumar Noori - 9814968405, Fatehghad Sahib - Aakash Chowdhary - 9416186587, Gurudaspur - Hoshiar singh - 9417809607, **President:** Ajmer –Veer Ratan arya - 9829232662, Alwar - Omprakash sharma - 0294-2464516, Banswada - Purna Shankar Acharya - 02962-244687, Bharatpur - Subashchandra gupta - 9414716446, Bhilwada - Prakash Suraina-9414112351, Badmer – Swamy singh Arya - 9460163292, Bikaner – Chandmal - 9414604007, Bran – Ghanshyam Sharma – 9413404341, Bundi – Virendra Sharma – 9829931331, Chitorgarh – Rai Rajesh Singh – 9419249076, Churu – Dhani Devi – 9460025108, Dosa – Satyavedi Chaturvedi – 9414853048, Dholpur – Dinesh Kumar Bansal – 9413917124, Dungarpur - Mahendra Kumar Kothari - 9460022133, Ganganagar - Anilkumar Sharma -



## CONTACTS FOR BECOMING YOG TRAINERS

92149400267, Hanumanghad – Kishanlal munjal - 01552-223518, Jaipur – kulabhushan bairathi - 9414071022, Jaisalmer – Kanthlalsolki - 030-17232030, Jalair - Gayatri Garg - 9414419404, Jhalawar-Virendra singh Varma - 07432-230114, Junjun – Gampalsingh - 9414542775, Jodhpur – Chandraprakashji - 9829013257, Kota - Ramswaroop Chowdhary - 0744-2504125, Karoli - Hariprasad gupta-9414401317, Nagaur - Sitaram Kumpwant - 9314168856, Pratapghad - Shivshankar nager - 01478-220752. **Pali-** K.D.Sharma - 2935225209, Rajsamanth – Kartarsingh - 9414472446, Sikar – Sarita Gujjar - 9314144789, Sirohi – Bharathinath - 9982728331, Sawayi – Madhopur - Rameshchandra garg - 9314385396, Tonak - Radheshyam singh chawla - 01632-220192, Faridkot – Suresh kumar Suri - 9814968405, Fatehghad sahib - Aakash chowdhary - 9416186587, Gurudaspur - Hoshier Singh - 9417809607, Hoshiarpur - Pushpendra Swarop.

**SIKKIM- State Incharge:** R.K. Pondiyal - 9434256879, **President:** East Sikkim - S.P.Lohagun – 9434487190; Regional In-charge – R.K.Podiwal - 9434256879

**State Incharge Tamil Nadu -** Jaswanth B Shah – 984048345, **Mandal Incharge Tamil Nadu -** Desha Bonia Pruthviraj Arya – 09849008535, **President – Tamilnadu – Chennai – D.B.Surendranath Gupta -** 9884048380.

**State Incharge Tripura -** Vinay Vishnu Bhattacharya – 9862008428, **Mandal Incharge West Tripura –** Viplab Sen – 9436121208, North Tripura – Somen Sen – 94236477780, **President-Agartala -** Vinaybhushan Bhattacharji - 9862008428, **South Tripura-** Sukumarchakravarthy-0821-223897, Dhalali - Satyavarta Chakravarthy - 03826222457, North Tripura - Bibhas Roy-9862618011, Maharaj ganj - Kishan Murari – 9450432128.

### **Uttarakhand**

**State incharge:** Harish Jowhar - 9897590617. **Mandal Incharge –** Dehradun - Colnel.Manohar Prasad Kundaliya - 9412954002, 9411314950, Dehradun - Seema Johar - 09897890968, Udham Singh nagar - Darshan Singh Hindustani - 09837069020, **President – Almora -** Lakshman singh malrar - 9411524823,

Bhageshwar - Deepchandra joshi - 05963220916, Chamoli - Ravindra singh Rawat - 9412921101, Dehradun - Sanjiv Chandra - 01352624866, Dehradun - Anand prakash Gera - 9358119667, Dehradun - Rajendra prasad Kotiyal - 9319701729, 9897932883, Dehradun - Manohar prasad kundaliya - 9412954002, 9412051892, Nainital – Kalavishth - 9758006129, Pitjtoraghad - Vipinchandra joshi - 9411308525, Podighadwal – Veni madhav Gayani - 01382251256, Rishikesh - Umeshwar Singh Punwar - 0132-2763054, Rourkey - Rajendra Prasad Tyagi - 9897000438, 9411649582, Haridwar – Chandraprakash - 9897177014, Tihari - Keshavnand Dangwal - 01370-026789, Udham Singh Nagar - Darshan singh Hindustani - 9219409368, 9837069020, Ranikhet - Vedprakash Tiwari - 9411315984, Satpuli - Ajit Kumar Singh - 9412441018, Vikasnagar - Dinesh Kumar Sharma - 0135-2697594; Lakshan Singh Mehta - 9412929696

**State Incharge- Uttar Pradesh-(East) -** Sheshnath Singh - 09415007404, **Mandal Incharge –Lucknow -** 1- Saroj Sharma – 09363855203, Lucknow -2 -Desh Deepak - 09839633727, Lucknow -3 - Dr. Shyam Kishore Rastogi - 09415464276, Gonda - Shashi Bhushan Mehta - 09450037646, Faisabad - Arun Kumar Singh - 09452173794, Basti - Vishwanath Sharma - 09415037104, Gorakhpur - Dr.Ragini Singh - 09451346718, Ajamgad - Shyam Bihari Dubey - 0989963640, Varanasi - Hari Shankar Dubey - 9415007229, Mirzapur - Ram Bhajan Singh- 09452940000, Allahabad - Chotelal Tripathi - 09450092339, Citrakoot Dham - Devinder Kumar Singh - 09335377616, Kanpur(1) – Madan Mohan Bharatiya - 09450138989, Kanpur(2) - Chandrabhan Singh Rathore – 09936900000.

**State Incharge - Uttar Pradesh (West) -** Verendra kumar kanwar - 09897007181, **Mandal Incharge –** Muradabad - Shyam Bihari Sharan - 09359719325, 09411097367, Jhansi - Ramesh Chadra Dwivedi - 09839355053, Agra (1) - Eshwar Dayal - 09412896921, Agra(2) - Rajesh Agarwal - 09837322772, Merrut - Surendra Nath Awasthi - 09897736873, Saharanpur - Devinder Mohan Lal Garg - 09837420380, Bareli - Babu Ram Gangvaar - 09411607599. **President - Agra -** Ram Prakash Chauhan - 9837061952, Aligarh - Munshilal sharma - 9758749008, Allahabad -

## CONTACTS FOR BECOMING YOG TRAINERS

Chotelal Tripathi - 9450092339, Oriyan - Jagmohan singh - 9412430347, Azamgarh - Mahesh narayan yadav - 9919567035, 9415045097, Banda - Ram Prakash Yagik - 9336570193, Bagpath - Rajiv Komal - 9410862719, Bareilly - Baburam gangwar - 9411607599, Baliya - Mahesh prasad singh - 9450406065, Basti - Vishwanath Prasad Sharma - 9415037104, Bijnor - Ganj Raj Singh - 9897621368, Bulendshahar - Harendra singh - 9758245621, Badayun - Manojkumar - 9719415724, Baharaich - Omkar Shastri - 9450308036, Badoyi - Ram Sahay Jaiswal - 9335704627, Chandowsi - Anita Arya - 9411009512, 9358025390, Chandowli - Bimandutta - 9935941103, Ita - Eswar dayal Sharma - 9412896921, Gorakhpur - Raginisingh - 9451346718, Itawa - Gaurav pathak - 9412184579, Gajipur - Shivshankar Roy - 9451784330, Farukabad - Chandra prakash Vatham - 9450005482, Unnav - Sudhirkumar shukla - 9305695726, Faizabad - Acharya Adhaprasad shukla - 29201218, Fatehpur - Purushotham singh - 9935251256, Firozabad - P.S.Rana - 9412458819, Ghaziabad - Prajapati Jaipal Verma - 120-2633656, Jhansi - Jaipal Singh - 9450070070.

**President – Alahabad** Chothe Lal Tripathi - 9450092339 Joannpur – Suresh kumar singh - 9336522832, Shivrajpur - Bipinbihari Pande - 9935931905, Jalaon – Rameshchandra - 9839355053, Gauthambudh nagar - mahendra mohan walia - 9810156359, Sultanpur - Arun kumar singh - 9452173795, Hapur - Asha somani - 9897275131, Kanpur-Madan mohan Bharateey-9450138989, Kanpur-Arunkumar Misra- 9450936419, Shahjanapur - madanlal pathak - 93353787265, Hamirpur - Shilajit Batham - 9415437562, Kanpur - Padam Gupta - 9336110564, Kanpur - Arvind srivastav - 9919029216, Hardoyi - Mahamahima Srivastav - 9919350029, Kanpur – Santosh kumar bajpai - 9450121105, Kannauj -Chandra Bhanu Singh Rathore – Kashambi - Rama Mitra shastri - 9450307002, Sahranpur - Pandit Sankarlal Sharma - 9412668599, Lakhimpur - Surjit singh - 9415558343, Sant Kabir nagar - Anandkumar pandey - 9335317079, Hathras - Roopram Sharma - Lucknow East Piyush kanth Srivastav - 9415549572, Sonbhadra - 9415882743, Lucknow (West) Adyatm Jain - 0522-2257053, Sidharth Nagar - Omprakash Gupta - 9838028432, Sitapur - Amit jani - 9235736718, Lucknow (North) Ramdeen Rawat - 9452153286, Rampur - R.N.Mehra - 9359304577, South Lucknow - Usha rani - 9339968150, Rai Bareilly – Govind narayan shukla - 9918971030, Mathura –

Vinaysingh - 9415462512, Pratapgarh - Aruna Srivastav - 05342222590, Mao - Ramchandra Tripathi - 991979633, Mahoba - Ganesh Prashad Dixit - 9450271818, Pilibith - Kuldip Singh - 9837870505, Meerut - Surendranath - 9897736873; Mirjapur – Rambhajangsingh - 9452940000, Muzafar nagar - Kamallesh Walia - 9997355655, Muradabad - Suresh chandra kashya - 9412552234, Mayanpuri - Pramod kumar Gupta - 9358322139, Gonda –Shashi Bhooshan Mehta - 9450037646, Devariya - Harikesh singh - 9889665041, East Varanasi - Alok Dubey - 9336833852, North Varanasi - Vedprakash Arya - 9335835741, South Varanasi - Lakshman rai - 9415695448, West varanasi - Alok Misra-9450545445. Ambedkar - Ghanshyam singh - 9452312443, Balrampur - Shashi Gulathi - 9235422009, Shravasthi - Tarachand yadav – Chitrakuth - Manju keshwani - 9450551302, Kushinagar - R.P.S.Chauhan – Barabanki - Ramswaroop Yadav.

**Calcutta** - Utpal shah-9434343094; **Mandal Incharge Kolkata 1** – Dilip Kumar Bhagath - 9830608802, Kolkata 2 – Tapasee Sen Gupta - 9432599454, 943300125.

**West Bengal- State Incharge :** Kelal Rai - 9433220264, **Mandal Incharge** - North Bengal - Swamy Seva bratha Nanda Maharaj - 9433881439, Baradwan - Sunil Sarkar - 9434127593, Nadia – Utpalshah - 09434343094, West Midnapur - Kelal Rai - 09433220264, Ram Kumar Mandal - North Deenajpur - 09434965071, Hubli - Dilip Deh - , **President – Asansol** - Jayantha Dutta - 9434679294, Bankura - Sukantha Mandal - 9232680472, Vardhman - Ashok rai - 9332100418, Birbhum - Nivas Dutta - 9851385465, Kuchbihar - Ramprasad Das - 9832357904, Durgapur - Ashok kumar Verma - 9434022867, South Dinajpur - Nandadhulan Sen - 9431120786, Darjiling – Amarbhandar - 9434131326, Hubli – Dilip Dey - 9433143106, Howrah – Surya prakash Bhatt - 9830072935, Jalpaiguri - Eswar sharma - 9434500451, Calcutta - Swamy Lokeshnanda - 9433591816, South Calcutta - Swamy lokeshnanda - 9433591816, Malda - Janesh mohan Bakshi - 9434981127, Murshidabad - Asashekar Rai Chowdhary - 9434393822, Neeriya - Utpal shah - 9434343094, North 24 Paragana - Pranav kumar Rai - 9330906619, East Midhanpur-Prashant Root - 9434803597.