

BRIEF ABOUT YOGINI DR. PUSHPALATA GARG

DR. PUSHPALATA GARG (CHAIRMAN)

Yog Sadhna Ashram Bapu Nagar, Jaipur

Jaipur Rajasthan – 302015 Email Id – yogsadhnaindia66@gmail.com

Mob NO. – 91141-2719052, Mob No. – 919314611884

Sex Female Age 70

EDUCATIONAL QUALIFICATION

- M.A. (Sanskrit) 1975 from Rajasthan University
- Vyakaran Acharya 1975 Varanshya Sanskrit University Varanasi.
- Ph.D. Sanskrit 1980 Varanshya Sanskrit University Varanasi
- Certificate Course Special Training in Physical Education
- Certificate Course in First Aid.

EXPERIENCE SUMMARY

- Became disciple of Swami Anandanandji in the year 1960 and got full training of Asanas Pranayam, Dhyan, etc. Under his guidance studied various subject on Astang Yog. (Eight Limbs of Yoga). Since, 1965 taking regular classes of Shatkarm Kriyas, Yogic suksham vyayam (Yogic shubtle exercise).
- Incharges & Yog Chikitsa Adhikari in Govt. Yogic Treatment Cum Research Centre Since 1985.
- **Books & Publication** She has written books on treatment of Diabetes by Yog Therapy (Hindi) Treatment of Asthma by Yog Therapy (Hindi) and Treatment of Heart Problem by Yog Therapy (Hindi).
- **Dedication & Commitment** she decided not to marry but to devote whole heatedly in the service of mankind through Yoga.
- After the Swamiji's Samadhi she was chosen as the chairperson of the Ashram and since 1990 she is in charge and looking after the activities of the Ashram.

Foreign Assignment

- She has also participated creatively in Yogic Camps organized at Finland by Finish Yoga Association in, 1977.
- She also attended and directed Yoga camps at Austria, Hungary & Czech Republic in, 1999.
- She was invited by Oki Do Yoga Association Taiwan (R.O.C.) in Year 2001 to organize & conduct Seminars
- 17th Oki Do Yoga Camp. Seminar 13th to 16th Oct. 2001
- Research/Advance Yoga Camp for Teachers from 18th to 21st Oct. 2001
- 10th Oki Yoga Teachers Seminar 26-29 Oct. 2001

CONTRIBUTION IN YOGA:

- She is devoting most of the time in making research on various disease by organizing camps and applying her knowledge how Yog Therapy can be beneficial to the persons suffering from various diseases.
- She has successfully treated patients suffering from Diabetes Asthma, Constipation, Sinusitis, and B.P. Gout & Heart Disease.

Awards & Recognition

- She has been honoured by Governor of Rajasthan for her Significant contribution in yoga in year 2002.
- She has been honoured by Gyatri vaysya Award in year 2002 by Aruna Roy. Aruna roy is Magsasy Awardee.

COURSES OFFERED:

- She is holding regular classes of Yoga in the morning every day. She is running on year Diploma Course approved by Central Council for research in Yog & Naturopathy, (A Council under Ministry of Health & Family Welfare Government of India).
- She is also running three months certificate course for students interested in learning Yoga form University of Bangalore.