

Central Council for Research in Yoga & Naturopathy

Yoga classes being conducted at various places of Delhi from 21.05.2016 to 21.06.2016 for
celebration of International Day of Yoga

S. No.	Name of the Organisation	Venue	Name and Contact no. of Yoga Teachers
1.	Pranav Urja, D-132, Krishna Apartment, Shakarpur, Delhi-110092 Ph:011-22443275, M: 09899188862 Email:pranavurja@gmail.com Shahdara District		
i)		Mansarover Park , Loni Road	Geeta Mudgil & Vidushi Tyagi M: 9711195524 & 8527917576
ii)		Vatika Park, Loni Road, Shahdara	Divya Sunil Yogacharya M:9899188862
iii)		Shashi Public School, New Modern Shahdara	Anu Yogacharya M:8802990077
iv)		Sanatan Dharma Mandir Dharmshala, Gali No.3, Chandra Lok, Shahdara	Divya Sunil Yogacharya M:9899188862 Anu Yogacharya M:8802990077 Geeta Mudgil & Vidushi Tyagi M:9711195524 & M: 8527917576
v)		GTB Enclave, Shahdara	Divya Sunil Yogacharya M:9899188862 Anu Yogacharya M:8802990077 Geeta Mudgil & Vidushi Tyagi M:9711195524 & M: 8527917576
2.	Yog Manthan, 58, Hasanpur, Opp. Vidhi Appts, Patparganj, I.P.Extn., New Delhi-110092 M: 9312273278 Email:yogmanthan@gmail.com South West Delhi		
i)		1 Air Formation Signal Regiment, Delhi Cant.,	Ms. Poonam Singh M: 9868166507

		Palam , Near Indian Oil	Time: 5.30-6.30 am
ii)		IIT Delhi, Play Ground Stadium, Hauz Khas	Rashi Sood M:9999026456 Time: 6.00 -7.00 am
iii)		DDA District Park Sector-13, Dwarka, Delhi	Kamal Dang M:9999037879 Time: 5.30 - 6.30 pm
iv)		Katwariya Sarai, DDA District Park, Near Qutub Hotel, Delhi	Kalpna M: 8285551049 Time: 6.00 -7.00 pm
3.	Health Fitness Trust, Block-9/741, Lodi Colony, Lodi Road, New Delhi-110003 Ph:9811139985 Email:sunitagodara@gmail.com North Delhi		
i)		DDA Flats Kalkaji, Opp. Ramjilal Complex Building, South Delhi-110019	Ms. Mukesh Kumari M:9212587658 Timing: 12.00 to 1.00 pm
ii)		Community Bhawan, Barat Ghar, DDA Flats Kalkaji, Near Govindpuri Fish Market South Delhi-110019	Ms. Shama – 9211437758 / 011-26028565 Timing: 4.00 to 5.00 pm
iii)		Lodhi Garden, New Delhi	Dr. Sunita Godara M:9811139985 Timing: 6:30 to 7:30 am
iv)		Swarn Jayanti Park, North Delhi	Rajneeshji (Coordinator) M: 9999449835 Aman Mogha Timing: Morning Session
		Kashmiri Gate, North Delhi	Puneet M:9990435302 Rani Sinha Timing: Morning Session
4.	Vishwa Jagriti Mission, Anand Dham Ashram, Bakkarwala Marg, Nangloi- Najafgarh Road, New Delhi-110041 M:9999979097 Email:info@sudhanshujimaharaj.net West Delhi		
i)		Anand Dham Ashram, Bakkarwala Marg,	Acharya Anil Jha M:9958712589

		Nangloi-Najafgarh Road, New Delhi-110041	
ii)		Omkareshwar Mahadev Mandir, Mansarovar Garden, Ramesh Nagar, New Delhi-110015	Smt. Rajni M:8470020333
iii)		Radha Madhav Mandir, Krishna Nagar, Delhi-110051	Dharmacharya Gaurav Dubey M:08222822510/ 093139598805
5.	Sri Aurobindo Society, Adchini, Shaheed Jeet Singh Marg, New Delhi-110017 Ph:26512491, M: 9810828119 Email:shama@aurosociety.org South Delhi		
		Sri Aurobindo Society, Adchini, Shaheed Jeet Singh Marg, New Delhi-110017	Ms. Rekha Tewari M:9560511552
		Sri Aurobindo Society, Adchini, Shaheed Jeet Singh Marg, New Delhi-110017	Mr. Sattavchetanya M: 8588956050
6.	Surya Foundation, B-3/330, Paschim Vihar, New Delhi-110063 Ph: 25253681 Email: ino.surya@gmail.com North West Delhi		
i)		Hotel Radisson, Paschim Vihar, New Delhi	Dr. Rajesh Bhayana M: 9311372007
ii)		M K Bargodia School, Sector-9, Rohini, Delhi	Dr. Vijay Mal M: 9810763166
iii)		Varun Vihar, Sector-9 Rohini, Delhi	Arti Gupta M: 9582180048
iv)		E U Block, Pitampura, Delhi	Himanshu Jha M: 7053082321
7.	Vivekanand Pratisthan Parishad, Vivekanand Hospital Yogashram, Khureji, Delhi-110051 Ph:011-22502142 Email: healing@bol.net.in East Delhi		

i)		Dream Appts, Sec 22, Dwarka	Madhu Bagai M: 9818058108
ii)		Sanatan Mandir, East End Colony, Delhi-1100 92	Raj Rani Sharma M: 9910044480
iii)		Shiv Mandir, Bank Colony, Laxmi Nagar	Nirbhay Sharker M: 9711778028
iv)		Vivekanand Yogashram, Khureji Delhi -110051	Dr. Monika M: 813070115
8.	Ananda Yogashram Trust, RZ-2696/30 Tughlakabaad Extension, New Delhi-110019 Ph:011-29997333 M: 9910118333 Email:swamiganeshanandyogg uru@gmail.com Central Delhi		
i)		Sindhi Park, New Rajendra Nagar	Bipin Kumar Singh M:9871668192
ii)		Grih Kalyan Kendra Barat Ghar, R. K. Ashram Lane, Central Delhi	Bipin Kumar Singh M:9871668192
9.	Kavita Ramaswamy Memorial Foundation (KRMF), KRMF, 119, C, Pocket-F, Phase-2, Mayur Vihar, New Delhi-110091 Ph: 011-22783789, Email:swamycwc@gmail.com North East Delhi		
i)		Arya Samaj Mandir, Near Shivaji Park, Rohtash Nagar, Delhi-110032	Morning Session by- Ms. Sonia Jain M:7503215403 Evening session by- Ms. Rashmi Mahajan M: 9211159327 / 9650943762
ii)		Bhagat Singh Park, Yamuna Vihar, Delhi-110053	Mr. Neeraj Kumar M: 9711225567
10.	Nature Cure And Yoga Trust, Bapu Nature Cure Hospital & Yogashram, Gandhi Nidhi, Mayur Vihar Phase 1, Delhi-110091 Ph:8744036999 Email:ncyt@bnchy.org		

	South East Delhi		
i)		Indraprastha Park, New Delhi	Krishna Yadav M: 9350528900 05:30-06:30 06:40-07:40
ii)		Indraprastha Park, New Delhi	Surender M: 9694014768 17:30-18:30 18:40-19:40
11.	Bhartiya Vidya Bhavan, Kasturba Gandhi Marg, New Delhi-110001 Ph:23382002 Email:sunitgulati@yahoo.com New Delhi		
i)		Munshi Memorial Hall located at BULMIM Building of Bharatiya Vidya Bhavan	Two classes in the morning and two classes in the evening. Shri Kundan Kumar M:9958498776 Shri Rajeev Kumar M:9910971074 Shri Imran M:8505910222
ii)		Mini Auditorium located at Mehta Sadan of Bharatiya Vidya Bhavana	Shri Kundan Kumar M:9958498776 Shri Rajeev Kumar M:9910971074 Shri Imran M:8505910222