





Sandhya Dixit

Yogacharya and Mentor

 +91 9923922940

 sandhya@kdham.com
shandhya.dixit@rediffmail.com

 Kaivalyadhama Yoga Institute, Swami Kuvalyananda Marg,
Lonavla- 410403
Maharashtra, India.

DATE OF BIRTH: 08-07-1958

EDUCATION

1979-1981 B.Sc Biology from Agra University, Agra

1981-1982 Diploma in Yoga Education from
Kaivalyadhama, Lonavla

CAREER

1982 Joined Health Care Center at Kaivalyadhama,
Lonavla branch as a Yoga Instructor

1991 Joined Kaivalyadhama, Delhi branch as a
Moderator and Yoga Teacher

2005 Joined as Senior Yoga Teacher at G.S College of
Yoga, Kaivalyadhama, Lonavla

2018 Retired in July from the post of Sr. Yoga Teacher
from Kaivalyadhama, Lonavla

2018 Joined Health Care Center of Kaivalyadhama,
Lonavla branch as a Yogacharya in August

2021 Promoted to the post of Mentor at
Kaivalyadhama, Lonavla

EXPERIANCE

38 years of experience in the field of Yoga Education, Yoga
Philosophy and Yoga Therapy

ACHIEVEMENTS

NATIONAL

Contributing to the field of Yoga Education by teaching students of various courses like P.G Diploma in Yoga Education, Certificate Course in Yoga Education, P.G Diploma in Yoga Therapy, Advance Teachers training course, Yoga & Ayurveda, Master Class for Yoga teachers, and in-service courses.

Conducted Workshops throughout the country at various companies and Institutes like BHEL, L&T, Wartsila, Engineers India Limited, AIIMS Delhi, and many more.

Coordinated selection procedures of Yoga Instructors at Navoday Vidyalays for Yoga Training. Also been actively an Examiner of QCI Exams held across the country. Also been invited to be an Examiner at eminent educational Institutes like JNU and Pune University.

Conducted Yoga Sessions in Andaman and Nicobar under Sports Authority of India.

Actively conducted Yoga camps since 1982 across several Indian cities like Delhi, Mumbai, Pune, Gwalior, Chennai, Rewa, Udaipur, Agra, Jaipur, Solan, and Shimla for promoting Yoga.

INTERNATIONAL

Part of the delegation sent to the USSR in 1987 at the Russian Youth Festival from the Ministry of H.R.D, Govt. of India.

Invited by Macau Yoga Association to conduct a workshop on Macau Asian Yoga day in 2008.

Conducted Advance Teachers Training with Scientific techniques at "Bodhi Yoga Center" in Taiwan in 2009.

Deputed to Indian Cultural Center, Embassy of India, Abu Dhabi, U.A.E by Indian Council of Cultural Relation, Ministry of External Affairs from 2010-2013 to promote Yoga in different emirates of U.A.E. Actively conducted workshops, camps, and yoga sessions at various prestigious institutes and companies like GASCO, Abu Dhabi National Oil Company, Abu Dhabi Gas Industries Ltd., Ministry of Higher Education and Scientific Research, Govt. of UAE, Abu Dhabi Women's College, Dubai Higher College of Technology, Sharjah Islamic Women's Society, Indian Social Center, Abu Dhabi. Also participates in World Cultural Heritage Conference organized by Govt. of UAE.

Invited by The Consulate General of India, Guangzhou, China in June 2015 to celebrate the first India -China Chengdu International Yoga Festival in the city of Dujiangyan and to conduct a Workshop for 4 days to celebrate the first International Yoga Day.

Conducted workshops actively for 4 consecutive years from 2016-2019 in the City of Hennan, China at Taishang Yoga Research Center in the month of July-August and taught various aspects of Yoga Therapy and Yogic Science to Chinese students.

Selected for the second time by Indian Council of Cultural Relation, Ministry of External Affairs, Govt. of India for deputation to Yoga Cultural Center at Turkmenistan in the year 2016.

OTHER NOTABLE CONTRIBUTIONS AND ACHIEVEMENTS

Contributed to preparing of Yoga courses modules by Swami Kuvalyananda in both English and Hindi and also making of the DVD of Mantra chanting.

Developed effective and novel techniques to train people in Shuddhi Kriyas

Participated in International conferences organized by Kaivalyadhama in 1984, 1988, 1999, 2002, 2006, 2009, 2015 as an expert in Yoga.

From August 2018 actively conducted Yoga Therapy Sessions, Mantra Chanting, Tratak, Pranayama Classes, and Counseling for Patients. Also, behold expertise in Yoga Counselling and have also worked as a Yoga Therapy Consultant at Health Care Center, Kaivalyadhama.

Conducted several online workshops during 2020 which became well appreciated and popularised among the Yoga Community themed "Yoga for Women's Health", "Introduction to Pranayama" and "Pranayama Series: Introduction, Tradition and Scientific Approach".

Prepared the Yoga module for Senior Citizens in April 2020 and conducted their classes, an initiative by the Ministry of AYUSH, Govt. of India.

Conducted other online workshops and sessions in 2020 like Online Yoga Instructors Course (YIC) and Soham Workshop.

AWARDS

Awarded with the Prestigious "Swami Kuvalyananda Yoga Puraskar" by Hon'ble Governor of Maharashtra, Shri Bhagat Singh Koshiyari for excellent & selfless contribution in the field of Yoga on 8th February, 2021. The Award is the first of its kind bestowed by Kaivalyadhama.