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Acharya Ashutosh Kumar

Introduction

A renowned Yoga teacher with expertise in holistic reform and rehabilitation through yoga and spirituality. In his 20 years of social service, Ashutosh ji has taken several initiatives to revive and promote Yoga in the society in India and abroad. With the expertise in the Siddha Yogi in Kriya Yoga technique which focuses on spiritual development of an individual. Acharya ji achieved the rare Honor of Kaya Yogi, in which a yogi can transform his body. His work in the field of prison reform through yoga and spirituality with the objective of “[योग के माध्यम से जेलों में सुधार](#)” has been acknowledged and appreciated by several elites of the society and specially by Honorable Prime Minister of India Shri. Narendar Modi.

Associations and membership

- **Founder Secretary:** Panchawati Yogashram & Nature Cure Center
- **Yoga Consultant:** Bennett, Coleman & Co Ltd, The Times of India Group, Delhi; 2008-09
- **General Secretary:** Akhil Bhartiya Sanatan Dharma Mahasabha, Delhi State
- **Impaneled Yoga Teacher:** Sita World Travel (Cyoni Travels).
- **Yoga Consultant of various foreign embassies:** Italian, Egypt, Czechoslovakia, Argentina, Pakistan, France, Germany, USA, Canada.
- **Yoga Consultant & Personal trainer for corporate houses:** TIMES OF INDIA, DHANUKA GROUP, J.K. Organisation, P.S.R.I. Hospital, NIIT, JETKING, RITES, NEEPCO (A Govt. of India Enterprise).
- **Ambassador:** World Yoga Community
- **Member:** Youth Chamber of Commerce
- **Member:** Global Yoga Alliance

Projects and Program

- International Day of Yoga 2018 Inaugural in Tihar jail No.5 2018
- Celebrate World Health Day in Tihar jail no.5 2018
- Permission for welfasre Activities at Central Jail No.14 Mandoli 2018
- Organized Yoga Workshop at NBCC 20018.
- Organized Yoga teacher training course in Tihar Jail no.3 for Inmates 2018. (copy attached)
- Organize Yoga Teachers Training Course in Tihar Jail No.5 for Inmates 2018
- Organized Yoga teacher training course in all Tihar and mandoli jail inmates 2018. (copy attached)
- Conducted feeling of freedom program at Mandoli Jail no.14 2018.
- Organized Diwalii program at Mandoli jail No.14 2017.
- Celebrate Nelson Mandela Day at Mandoli jail No.14 2017.

- Celebrate Janmastmi mahotsav at Mandoli jail No.14 2017.
- Celebrate independence Day at Mandoli jail No.14 2017.
- Yearlong daily Yoga training session for the inmates of Tihar Jail, 2017.
- International Yoga Day 2017 Celebration in all 14 Jails of Tihar, New Delhi. (copy attached)
- Implementation of Daily Yoga classes, meditation and yoga therapy classes in Tihar jail.
- Aadarsh Jail Mandoli No.14 (An Unit of Tihar) – A program designed to showcase holistic prison reform through Yoga and spirituality, 2016-17.
- Conducted Group Yoga classes for Stress Management at TIFAC 2017
- World Health Day celebration for the inmates of Mandoli Jail number #14, 2017
- Stress Management program for the inmates of Mandoli jail No.14 2016
- Makar Sankranti Mahotsav celebration in Mandoli Jail No.14, 2017
- Rupantaran Yatra “A new chapter in prison reform” in, 2016-17.
- International Yoga Day 2016 Celebration in all 10 Jails of Tihar, New Delhi.
- International Yoga Day 2015 Celebration in all 10 Jails of Tihar, New Delhi.
- Yoga Training camp in European countries Czech republic, Slovakia and Poland. 2016
- Yoga training Camp for Police Families Welfare Society, Malviya Nagar, 2016 (copy attached)
- Yoga training Camp for Delhi Police Battalion, Malviya Nagar, 2016 (copy attached)
- Yoga training Camp for Police Families Welfare Society, Vikas Puri., 2016 (copy attached)
- Yoga training Camp for Police Families Welfare Society, New Police Lines, Kingsway Camp, 2016 (copy attached)
- Yoga training Camp for Delhi Police Training College, Jharoda Kalan, 2016
- Yoga Teachers Training Course (YTTC) for the selected inmates of Tihar Jail, 2015-2016 (copy attached)
- Yoga Teachers Training Course (YTTC) for the selected inmates of Central jail Ambala (Haryana), 2016 (copy attached)
- Yoga and Meditation camp for different age group and different school of Delhi areas, 2014
- Yoga and Spiritual Residential Camp (1.5 month) for KUMBH MELA pilgrims in Allahabad, 2013
- Yoga and Spiritual Residential Camp (40 days) for KUMBH MELA pilgrims in Haridwar, 2010.
- Yoga and meditation awareness camp for AIDS & Cancer patients to stress release and live a happy life in several areas of Delhi and NCR, 2007-2008.
- Meditation camp for old age peoples in Punjab Kesri varistth nagrik club, 2006 – 07.
- Conducted Yoga classes for stress Management at BENNETT, COLEMAN & CO.LTD 2009.
- Conducted Gernal Yoga session at RITES limited 2009.
- Conducted Yoga classes for stress Management as a Health Instructor and therapiste at BENNETT, COLEMAN & CO.LTD 2008.
- Yoga Camp in Bangkok, Singapore, Bali, Malaysia, Hong Kong. 2008-2009
- Conducted yoga classes as yoga teacher during summer yoga camp organized by MORARJI DESAI NATIONAL INSTITUTE OF YOGA New Delhi 2002.
- Participated in Republic-Day parade as a Yoga Demonstrator, 2001.

Social and welfare Activities in prison reform

World Health Day celebrated with inmates and Tihar officials in Tihar Jail, Mandoli Jail number 14 (7th April, 2017 – 7th April 2018)

Held various competition and prize distribution.

- Feeling of freedom Date 17-02-2018.

- Inmates participated in Marathon competition on World Health Day Date 07-04-2017.
- Slogan competition on World Health Day Date 07-04-2017.
- Show different different yoga asanas for stress management.
- Music program on World Health Day date 07-04-2017.
- Role play on drug de addiction on World Health Day Date 07-04-2017.
- Organized Makar Sankranti Milan Program in mandoli jail 14th January, 2017

Convocation program in Tihar (26th February, 2016)

- 108 inmates have successfully cleared the YTTC and were awarded certificates on Feb 26th, 2016. This is the first-of-its-kind initiative started in any jail in the country to train inmates as qualified yoga teachers that the whole syllabus and curriculum of the course designed by PYNCC.

1st International Day of Yoga Celebration with inmates and Tihar officials in Tihar Jail, Mandoli Jail (21st June, 2015)

- Celebrated 1st International Day of Yoga event at Tihar premises.
- All Tihar Prisoner and Tihar officials participated.

2nd International Day of Yoga Celebration (20th May, 2016 to 21st June, 2016)

- June 2016, conducted second 'World Yoga Day' at all (10 jails) Tihar Ashram with 108 inmates. In fact theme of this year's event was to provide a sense of achievements and a required platform to those inmates who have completed their yoga teachers training course conducted by PYNCC in Tihar Jail complex.

45days /200 hrs. “Yoga Teachers Training Course” in Ambala Jail Haryana

- (5th August, 2016) Launched Yoga Teachers, Training Course (YTTC) in Ambala Jail. 42 Inmates were awarded in Ambala Jail as certified Yoga trainer.

Rupantran Yatra - A New chapter in Prison reforms. (20th September to 4th October, 2016)

- Organized a transformational tour “Rupantran Yatra – A new chapter in prison reforms” for Inmates of Tihar prison. 18 prisoners participate in 14 days “Rupantran Yatra” (Transformational) tour to Haridwar. Yoga, Meditation, spiritual discourse, Hindu rituals Gurukul lifestyle etc. to help transform their personalities. First time in the history of Prison Reforms such an initiative has been taken.

Conducted stress management program in Mandoli Jail 8th December, 2016

- Organized stress management program with Guru Raj Rajeshwar Ji and discuss importance of Yoga with inmates and told them how yoga may help reduce stress, lower blood pressure

45 days /200 Hrs. “Yoga Teachers Training Course” in Tihar from 23rd December 2015

- Based on the overwhelming response from inmates to explore the field of Yoga further, on 23rd December 2015 launched Yoga Teachers,
- Training Course (YTTC) in all jails of Tihar prisons.
- YTTC would not only provide in depth knowledge about Yoga but also provide employment opportunity to participants once they go out from prison.

Taken resolution to create spiritual environment within the jail so that it could be a role model in the world. Conducting many welfare activities in Mandoli Jail for the benefit of inmates, i.e.

- Morning yoga & meditation class,

- Yoga Teachers Training Course(YTTC)
- Padho Padhao & basic computer learning prog,
- English speaking, personality development & motivational class
- Music & painting class etc.
- Every Sunday organized complete silence program for 40 inmates

Celebrated 3rd International yoga day with inmates and Tihar officials in Tihar jail, mandoli jail (21st June 2017)

- Celebrate yoga day with 14500 inmates
- Practices in tihar & mandoli jail before one month of IDY

Awards & Recognitions

- Honored by “SCHOOL OF AYUSH STUDIES AND RESEARCH CONFEDERATION OF INDIAN UNIVERSITIES” in field of naturopathy and indigenous therapies on the year 29th March 2018.
- Honored by “BSLND USA “ in field Hkkjr ds egku lar held on 21st Jan 2018.
- Appreciation letter for dedicatedly involvement in Prison Reforms through Yoga & Spirituality in Tihar jail by DIG S.S Parihar.
- Honored by “MTNL PERFECT HEALTH MELA 2004” Delhi contribution of the field of Lifestyle Management on the year of 2017
- Award for the successful conduct of International day of Yoga in Tihar Jails by DG Shri Sudhir Yadav (2016)
- Appreciation for the work done to reduce stress and negativity through yoga in Tihar jail by Tihar DG Shri Alok Kumar Verma 2015
- Appreciation for the successful conduct of International day of Yoga in Tihar Jails by Honorable Prime minister of India, Shri Narendra Modi (2015)
- Yoga Prashikshan Samman by Swami Sahjanand Sarshwati Kishan Suchna Kendra, New Delhi (2012)
- Honored “WORLD AWARD FOR EXCELLENCE IN SPIRITUAL EDUCATION” in the field of Natural Healing on the occasion of WORLD SPIRITUAL PARLIAMENT (2011)
- Honored by ” MARKANDEY YOGA CITY “ for the contribution in the field of Yogic & spiritual health at Denpasar , BALI INDONESIA on 3rd April to 10th April 2010 Honored by “INTERNATIONAL INTER-FAITH CONFERENCE 2007” Delhi in the field of Religion and Drugs & Substance Abuse held on 28th July 2007
- Honored by “VISHWA DHARMAYATAN SANSTHAN 2007” Delhi in the field of yogic health at INTERNATIONAL SEMINAR ON VEDIC MICROBIOLOGY held on 20th -21st August 2007
- Honored by “SARASWATI SHISHU VIDYAMANDIR 2005” Hapur (UP)contribution of the field of Yoga as a Judge conducting yoga competition on the occasion of golden jubilee year 2005
- Honored by “MTNL PERFECT HEALTH MELA 2004” Delhi contribution of the field of Yoga , Naturopathy & Ayurveda on the year of 2004 (Heart Care Foundation of India)
- Honored by HEART CARE FOUNDATION OF INDIA in contribution of lots of Yoga, spiritual and holistic therapies activities in the year of 2002.
- Honored by MTNL Perfect Health Mela the contribution in Yoga, spirituality, Naturopathy and holistic therapies for the year of 2000 and 2003.
- Honored by “Nature Cure Center & Akhil Bhartiya Prakritik Chikitsa Parishad” Delhi contribution in the field of Yoga & Prakritik Chikitsa of the year of 2001
- Honored by the “former Prime Minister Sh. Atal Bihari Vajpayee “ for the Best yoga Demonstrator Award for the participation in Republic day Parade 2001
- Honored by Ministry of Defense for the Participation in Republic Day 2001

Lectures & Media Appearances

- Discussion on inmates program “JAIL MAI ZINDAGI” on prime news live TV show 2017.
- Lok Sabha TV channel 2017, Vishesh : Documentry on Celebration of Makar sankranti Mahotsav in Adarsh Karagar Mandoli No.14.2017
- Lok Sabha TV channel 2016, YOG NIROG : A Daily Yoga therapy Demonstration Program.
- Lok Sabha TV channel 2016, YOG KE RANG: A documentary on YTTC for inmates of Tihar Prison Documentary.
- Lok Sabha channel 2016, Panel Discussion on stress and “International Day of Yoga 2016”.
- All India Radio 2016, Panel Discussion on stress and “International Day of Yoga 2016”.
- Radio Mirchi 2016, Panel Discussion on stress and “International Day of Yoga 2016”.
- ANI News, Live program - Celebration of “International Day of Yoga 2015 & 2016 at Tihar Jail”
- A2Z News, Weekly program, Yoga for female. 2011-2012
- DD SPORTS, 30 Minutes Me Taro Taza – A Daily Program on Yoga and Meditation, 2007
- INTERNATIONAL YOGA FESTIVAL in Bali Indonesia. delivered keynote address on Yogic & natural Health to a large group of yoga teachers & other dignitaries (2010)
- INTERNATIONAL SEMINAR ON VEDIC MICROBIOLOGY held on 20th -21st August 2007 delivered keynote address on spirituality & yogic health in Delhi.

Delivers the lecture of various spiritual and holistic therapies like yoga Naturopathy Ayurveda, Accupressure Reiki, Pranic healing, Astro, Numerology, Face reading, Palm reading Vastu shastra, Matma chikitsa, Swar kriya Vigyan, Yagna therapy, Mantra healing, Chakra healing, Time management, stress management and career counselling.

Publication

- Aazadi ka anubhav book.“ (copy attached)
- Rupantaran Yatra” – A New Chapter in Prison Reform, Book (ISBN 978-1-64136-541-3)
- Life ka U-Turn Rupantaran Yatra Documentry. (copy attached)
- The Annual souvenir of “YOG DHARA” 2008 to 2017.
- “Rupantaran Booklet” - Experience & impact of Yoga on Tihar Prisoners. (copy attached)
- “Syllabus Book” for Yoga Teachers Training Course, especially for Prisoner(Hindi & English) (copy attached)
- Lots of article printed in several newspaper like “TOI, NBT, Punjab Kesari & Nazar e dilli & several magazines like “Life positive, Ardhangani & Arogya samhita”

Education

- Graduate of Arts from Sanskrit Vidyapeeth Deoghar, Bihar
- E.Y.P.T (Entrance Physical Yoga Teacher) from Umachal Yoga Mahavidyalaya, Calcutta-700090, West Bengal. (Awarded the Diploma of **KAYA - YOGI**)
- N.D.D.Y. (Diploma in yoga & Diploma in Naturopathy) form Gandhi National Academy of Naturopathy, Raj Ghat, Delhi
- Certificate course of Pranic Healing From All India Yoga Vidya Pranic Healing Foundation. September 2010 Haridwar
- Various knowledge and Research about of Acupressure, Rikki, Pranic healing, Vastu, Palmistry, Numerology, Face Reading, Mantra healing, yagna therapy, Swaropchar, Hypnotherapy and other holistic therapies.

Personal & Family Profile

Grand Father's Name/Occupation

Late Rame Gulam Thakur

Father's name	He was famous spiritual master in our native place.
Father's Occupation:	Sh. Maheshwar Thakur Teacher (Under Bihar Govt.)
Mother's Name/Occupation:	Smt. Ram Kumari Devi Teacher (Under Bihar Govt.)
Wife:	Mrs. Pallavi Kumari (Yoga & Naturotherapist)
Children:	Harsh Vardhan Anand (14Year) Best yoga Demonstrator

References

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| 1. Shri Alok Kumar Verma (CBI Director) | Contact:- +91-9910411111 |
| 2. Shri Sudhir Yadav (DG Tihar Prisons) | Contact:- +91-9205966001 |
| 3. Dr. C.P Thakur (M.P Rajya Sabha) | Contact:- +91-9868181646 |
| 4. Dr. Surya Mohan Thakur
(Ex. Yoga Research Officer CCRYN) | Contact:- +91-9811375994 |