

# CHIRANJIV YOG CENTRE

☎ 096730 08349

🌐 [www.yicpune.com](http://www.yicpune.com)

**CHIRANJIV FOUNDATION**  
Affiliated to Vyasa - Bangalore

## KARMA

If you can joyfully involve yourself in any activity, that is karma yoga.



" Yoga is Perfect blend of  
Gyaan, Karma, Bhakti,  
Prime Minister Narendra Modi "

## GYAN

Knowledge of Intellect -  
The path of self knowledge  
through yoga.

## BHAKTI

If you use your emotions and try  
to reach the ultimate, we call this  
bhakti yoga.

## KRIYA

With the path of kriya yoga you  
will help to know the mechanics  
of life-making.

## About Us

Chiranjiv foundation efficiently runs yoga courses with the help of dedicated and experienced team under the able guidance of Dr. Sunanda Rathi, eminent academician & yoga researcher and Shri. Ramkumar Rathi, Yoga lover & promoter. Both are driving forces with an aim of bringing qualitative Yoga education in Pune. For all affiliated courses coaching is provided from qualified & experienced faculties.

At Chiranjiv Foundation, we are committed to deliver the best in the field of Yoga education & research Delivering nothing less than the best we also aim to conduct exclusive Yoga Therapy workshops, corporate seminars and Wellness Retreats.

Our future plan includes scientific studies on various modules of yoga providing its therapeutic, meditative and spiritual efficiency to publish research articles in international journal.

## OUR VISION

We are committed to teach the wisdom of yog in order to bring health, happiness, mental peace and well-being into the lives of our community. We share a vision of higher states of consciousness and embrace the path of self-realization through the techniques of meditation.

## MISSION

Our mission is to provide a quality & best yog courses & research facility in YOGA with certified, qualified, experienced academic staff in yog where students can explore yog, develop personality for self-transformation



## Know Our Director

Dr. Sunanda S Rathi is Doctorate in Communication Management, Business Administration (Ph.D.), Pune University.

Dr. Rathi has successfully established Arena Animation Tilak Road, Training Institute for Multimedia, Animation and VFX, affiliated to Aptech Ltd.

She has established Chiranjiv Foundation – Yoga Education & Research Institute in August, 2016.



**" TODAY IS YOUR  
OPPORTUNITY TO BUILD THE  
TOMORROW YOU WANT..."**

## Education

- Doctorate in Communication & Business Management (Ph.D), Pune University
- Bachelor of Law (LL.B), Symbiosis College, Pune University.
- Master of Commerce (M.Com), Pune University.
- Astrology: Jyotishya Visharad: & Jyotishya Pandit

## Yog Qualifications :

- YIC: Yoga Instructor Course from Svyasa, Bangalore
- YIDM: Yoga Instructor for Diabetes Mellitus, Vyasa Bangalore
- Credential for Ph.D: Four semester of masters, Svyasa University
- Second Ph.D. in Yoga, Svyasa Bangalore – Under the guidance of Dr. H R Nagendra, (Guru of our Prime Minister Narendrajii Modi ) and Dr. Padmini Tekur  
Subject: "Effect of Integrated Approach of Yoga Therapy on Adolescent Obesity" (School going children age group from 11 to 16 years)

## Credential in Yog

- CEO of Yoga Division of Rathi Techservices Pvt.ltd.
- Subject Matter Expert: SPPU, Pune University, Online Credit Course
- Secretary: Divyang Yog: NYSF: National Yogsana Sport Foundation
- Chairman: Diyang Yog: Maharashtra State. DMYSA
- SRF: Senior Research Fellow for Maharashtra & Goa State: Ministry of Ayush ,Delhi
- Member of SARC, Scientific Advisory Research Committee, SPPU ,Pune University
- Maharashtra Coordinator of Svyasa University, Bangalore
- Managing Trustee: Chiranjiv Foundation Trust: Mission to serve society for physical & mental Health: Yog @Niwara old age home, Yoga for Special Children
- MES Society: Yog Curriculum for students
- SME: Subject Matter Expert: Course Basics of Yogasana for SPPU

## Mentor & Advisor

Some are born legends; some are legends in the making and some become legends without trying. Ramkumarji Rathi is one who is a legend in the Community without trying to. A veteran MS in structural engineering from the US, He worked there for a couple of years but "Swades" called. Upon returning to India, he started a consulting, construction firm - Beharay Rathi Group. An acclaimed and widely known group in the industry about to complete 50 golden years.



**" The youth should come forward, be healthy, and lead the country "**

A person with huge social and community interest Ramkumarji has been president at MVPM, CREDAI, PCERF. Many organizations have felicitated him including MPF, AESA, He is an avid golfer and also was captain of Pune golf course.

Over the last many years, he is religiously working towards increasing popularity of yoga across the nation. He firmly believes and propagates yoga as a way of life quality enhancer for many years working closely with Indian Yoga Association Director standing Committee Finance, Board member of Patanjali Yog Peeth haridwar and Vice President of VYASA Bangalore.

SPPU: Savitribai Phule Pune University has established Yoga Chair in his name. He is Patron for NYSF, National Yogasana Sport Federation & Patron of Maharashtra Divyang Yoga Association. He is Motivational support of Chiranjiv Foundation as an advisor.

He ventured in well diversified portfolio of businesses ranging from Real Estate Development, Hotels, Leasing of properties, Industries & Architectural Structural designs. His group companies have given employment to several thousands. with business spanned out to Pune





# Our social contribution through Chiranjiv Foundation Trust

Yoga services at Old age home, Niwara, Pune Maharashtra  
Yoga services to special children at Balkalyan Sansthan Pune

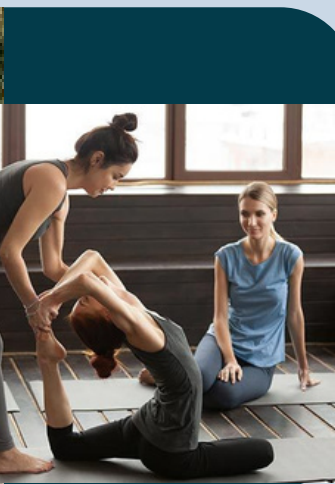
Since last two years, Hiralal Smruti Charitable Trust and Chiranjiv Foundation are conducting yoga training for residents of Niwara old age house pune for their mental well – being. Similarly we are conducting yoga sessions for special children for their physical and mental growth at Bal Kalyan Sansthan, Pune.





# YOGA INSTRUCTOR COURSE ( YOGA TEACHER TRAINING COURSE )

AFFILIATED TO VYASA BANGLORE



Want to become a  
Professional  
Yoga Instructor?

**Join YIC**

**MODE - ONLINE & OFFLINE :  
DURATION SIX MONTHS**

**THE COURSE IS COMBINATION  
OF THEORY AND PRACTICAL :**

## SCOPE

- You will become scientific and authentic Yoga trainer/ instructor.
- You are eligible to do graduation /post-graduation course- B.Sc., M.Sc. in Yoga
- Yoga certification Level 1,2,3,4
- YIDM Yoga instructor for diabetes management.
- Yoga for Obesity.
- Yoga for Corporates.

### Week End

Saturday - Sunday  
Time : 7.30 to 9:30 AM

### Week Days

Thrice a week : Three Hours a Day  
Time : 02.00 to 05.00 pm





# WHAT IS YIC?



The structure of YIC largely follows the direction given by the great yogi Swami Vivekananda who pronounced that we need to combine the best of the West (modern scientific research) with the best of the East (yoga and spiritual lore)



Yoga Instructors' Course environmental potential at Chiranjiv Foundation influences that help individual to shape their personality. An individual's personality is the complex of mental characteristics that makes them unique from other people.

It includes all of the patterns of thought and emotions that cause us to do and say things in particular ways. At a basic level, personality is expressed through our temperament or emotions. The YIC at VYASA provides the platform to build up the personality.

**MIND BODY CO-ORDINATION**



- Loosening exercises
  - Suryanamskar
  - Yogasana
  - Pranayama & Relaxation
  - Meditation technique
- Practices which improve  
Concentration & Memory



- Karmayoga module,
- Shat kriya- cleansing techniques, Dexterity, Stamina building, Muscles Relaxation & Awareness
- Happy Assembly program Which makes one to being tune with true nature, happiness and Bliss.



# Theory

Concept of Yoga Indian Culture, Panch kosha, Concept of Holistic Health

## • Streams of yoga

### 1: Jnana Yoga

This is the path of an intellect which raises from lowest level to highest level of perfection takes us to moksha itself.

### 2: Raj Yoga

Raj Yoga is the path of willpower. This is the way to systematic channelization of our will power to solve problems.



### 3: Bhakti Yoga

Bhakti Yoga is a science of emotion culture. It is mastering of emotions.

### 4: Karma Yoga

Karma Yoga is path of work; it involves action with attitude of detachment of fruits of action



**Who can do:**

- Working Professionals
- Home Makers
- Part Time Working Professional

Students who are looking for global Career opportunities



# TEACHING METHODOLOGY



- Power point presentation
- Online sessions through Google Meet/Zoom
- Learning and applying eight steps method to teach
- Demonstration
- Group discussion
- Group Practice
- Library facility to all
- Report & Worksheet writing and presentation of it
- One to one discussion
- Lectures
- Review classes



# BENEFITS-

- Science of holistic living
- Overall positive transformation of personality.
- Holistic growth of body, mind, memory, intelligence & soul.
- Analysis nurturing of individual potentials.
- Prevention of diseases.
- Promotion of positive health.
- Provision of harmony and peace in inner core of mind.
- In depth connection to family and relations.
- Direct & indirect control over mind
- Builds stamina to cope up work load.
- Improves multitasking talent.
- Improves concentration. Personality development

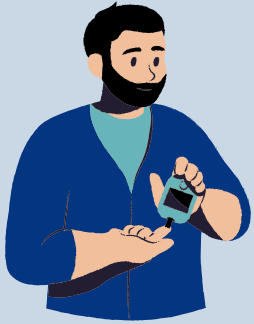




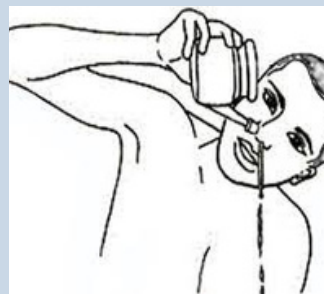
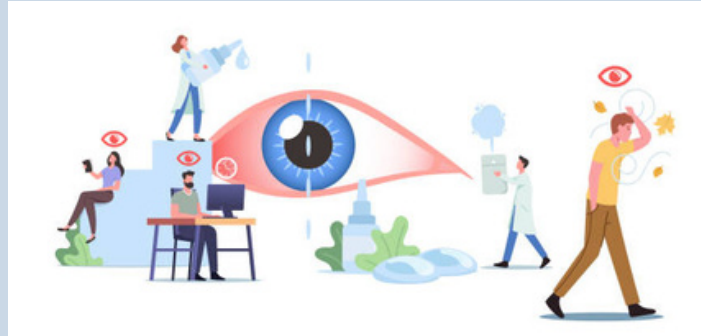
# SHORT TERM COURSES CONDUCTED AT CHIRANJIV FOUNDATION



## Holistic Management of Health Week End/Week Days



- Yoga For Diabetic Management: YIDM
- Yoga For Obesity Management
- Corporate Yoga: SMET (Yoga for corporate)
- Yoga For Wellness
- Yoga at Work place
- Yoga for Back pain/Knee Pain
- Yoga for Pregnancy
- Yoga for Eyesight Improvement
- Pranayama: Meditation: Relaxation
- Yoga at Your Door Steps: Provide Experienced Trainer at HOME
- Winter & Summer Camp for Children: Rediscover your child
- Shat Kriya for Cleansing



Mode-  
Online/Offline



Contact for Details –

96730 08349

7447453606

## How to reach @us.....



**Chiranjiv Foundation, Yoga Initiative  
Center, 404, pinnacle pride fourth floor,  
Above Maharashtra electronics,  
1545/A Sadashiv peth,  
Tilak Road pune - 411030**



**9673008349, 9595960620**



**info.cfyicpune@gmail.com /  
yogainitiatives@gmail.com**



**www.yicpune.com**

## **Please find Bank details for online transactions:**

**UPI ID: sunandarathi-1@okhdfcbank**

**Dr Sunanda Rathi - sunandarathi@gmail.com**

**Please find bank details for online transactions:**

**Name of Account: Chiranjiv Foundation**

**Name of bank: HDFC Bank Ltd Laxmi Road branch**

**A/C No 50200018330670**

**IFSC Code HDFC0000427 MICR Code - 411240012**