



भारत सरकार  
कार्मिक और प्रशिक्षण विभाग  
कार्मिक, लोक शिकायत तथा पेंशन मंत्रालय  
नोर्थ ब्लॉक, नई दिल्ली 110001  
GOVERNMENT OF INDIA  
DEPARTMENT OF PERSONNEL & TRAINING  
MINISTRY OF PERSONNEL, PUBLIC GRIEVANCES  
AND PENSIONS  
NORTH BLOCK, NEW DELHI-110001

No. 11012/2/2014-Welfare

30.3.2015

**C I R C U L A R**

**YOGA TRAINING SESSIONS**

In continuation of earlier circular dated 20.3.2015 on the above subject, the contact details of Yoga Instructors and Caretakers at the respective Samaj Sadans are enclosed. All are requested to contact them for registration, for Yoga Training Sessions and for queries if any.

2. You may also contact the officials of Grih Kalyan Kendra as per details given below:

Phone Number 24616219, 24648081, 24616218

Mobile Numbers 8750070303, 9811770184

Email [grihkalyankendra@rediffmail.com](mailto:grihkalyankendra@rediffmail.com)

3. It is requested that this circular may be given wide publicity.

(N. Sriraman)

Director (Welfare), DOPT.

1. Administration Section, DOPT, Min. of Personnel, PG and Pensions - The above circular may kindly be uploaded on DOPT website.
2. All AWOS/ RWAs. (for dissemination among all government employees)
3. Welfare Officer of All Ministries/Department of Government of India. (all subordinate/field offices may also be informed of the above activity.)



सूचना  
का अधिकार

**Details of Yoga Instructors shortlisted for imparting Yoga for Central Government  
Employees and their dependants at Grih Kalyan Kendras in the NCR.**

Sl. No.	Name of Samaj Sadan	Name of the Yoga Instructors & their contact no.		Name of Caretakers & their contact no.
		Morning Session	Evening Session	
1	Andrews Ganj	Sh. Ashish Mishra 8800829708	Sh. Ashish Mishra 8800829708	Sh. Vinay Kumar -9873754174
2	Andrews Ganj Extn.	Sh. Sandeep Kr. Mishra 9990719920	Sh. Sandeep Kr. Mishra 9990719920	Sh. Vipin Kumar - 9210085314
3	Asia House	Dr. Ramesh Kr. Singh Yadav 8860112192	Ms. Monika Rani 7827933688	Sh. Joginder Singh - 8860424551
4	Bharti Nagar	Sh. Mukesh Kr. Dwivedi 9871692239	Sh. Mukesh Kr. Dwivedi 9717452422	Sh. Dina Nath - 7836925225
5	Chanakyapuri	Ms. Shikha Khanna 9911563159	Ms. Shikha Khanna 9911563159	Sh. Deepak Singh - 8587874336
6	Faridabad	Sh. Umesh Kumar 9458481978	Sh. Umesh Kumar 9711914112	Sh. Vipin Mehra - 09250221038
7	Ghaziabad	Ms. Pratibha Sharma 8860351325	Ms. Pratibha Sharma 8860351325	Sh. Chanchal Kumar - 09650936493
8	Laxmi Bai Nagar	Sh. Rahul Dheeman 9015420097	Sh. Rahul Dheeman 9015420097	Sh. Prakash Chander - 8860306260
9	Lodhi Colony	Ms. Aishwarya Laxmi Singh 9958592189	Ms. Aishwarya Laxmi Singh 9958592189	Sh. Vikas Rawat - 7503967196
10	Lodhi Road Complex	Sh. Abhishek Singh 8800110970	Sh. Abhishek Singh 8800110970	Sh. Amit Kumar - 9873290526
11	Moti Bagh-I	Sh. Devender Singh 9911872115	Ms. Rinky 7503913434	Sh. Dheerendra Kumar- 9868711636
12	Nauroji Nagar	Ms. K.M.Upma 7417865867	Ms. K.M.Upma 7417865867	Sh. Surya Prakash - 8527932857
13	Netaji Nagar	Ms. Bindu Tyagi 8743833315	Ms. Bindu Tyagi 8743833315	Sh. Naresh Rana - 9654745392
14	Pandara Road	Mr. Gangandeep 9873528388	Mr. Gagandeep 9873528388	Sh. Himanshu - 9250505520
15	Peshwa Road	Ms. Dimple Ray 8860551161	Ms. Dimple Ray 8860551161	Sh. Devinder Kundu - 8750777660
16	Pragati Vihar Hostel	Sh. Ravinder Kumar 9560460519	Sh. Amresh Kr. Jha 9999469598	Sh. Ravi Kumar - 8527316454
17	Pushp Vihar	Sh. Deepak Verma 9810318014	Sh. Deepak Verma 9810318014	Sh. Devinder Kumar - 9213999740
18	Raja Bazar, DIZ Area	Sh. Subodh Saurabh Singh 8527857780	Ms. Mala Tripathi 8882423186	Sh. Surender Rawat - 8860212747
19	R.K.Ashram Marg	Sh. Vinay Sharma 9873593905	Sh. Vinay Sharma 9873593905	Sh. Pradeep Kumar - 8800228953
20	R.K.Puram, Sec-1	Sh. Mohit Arya 9536904583	Ms. Geeta Kumari 7838481605	Sh. Arun Kumar - 9716233682
21	R.K.Puram,Sec-2	Sh. Sanjay Kumar 9756754854	Sh. Sanjay Kumar 9756754854	Sh. Anil Kumar - 9899894868
22	R.K.Puram, Sec-3	Sh. Sachendra Bhadoni 8899544473	Sh. Sachendra Bhadoni 8899544473	Sh. Ritesh Kumar - 8802610068
23	R.K.Puram, Sec-4	Sh. Rajesh Kumar 8295597845	Sh. Rajesh Kumar 8295597845	Sh. Chander Prakash - 9718586403
24	R.K.Puram, Sec-7	Sh. Parul Kumar 7042704221	Sh. Parul Kumar 7042704221	Sh. Raj Kumar - 9717336327
25	Sadiq Nagar	Ms. Anisha Suyal 9910413041	Ms. Anisha Suyal 9910413041	Sh. Kamal Kumar - 9212141990
26	Sarojini Nagar	Dr. Amit Khanna 9818135843	Sh. Rahul 9013446886	Sh. Dilip Kumar - 9716952457
27	Sri Niwas Puri	Sh. Ajay Kumar 09050245209	Sh. Ajay Kumar 09050245209	Sh. Kuldeep kumar - 9716334858
28	Thyagraj Nagar	Sh. Vikash Kumar 9540955831	Sh. Vikash Kumar 9540955831	Sh. Govind Ballabh - 7503322475