

Dr. Sadhana Dauneria



Dr. Sadhana Dauneria, Head of Dept. of Yoga, is diploma in Yoga Education along with M.A.& Ph.D. (YOGA), comes from the traditional Yoga Background Develop under the Guidance of (Late) Swami Digambarji, Kaivalyadhama, Lonavla, (Pune) She Specializes in Teaching & Training of traditional yoga & Patanjali Yoga Darshan & Yoga Therapy. She Played a vital role in establishing the department & starting Post Graduate & other Courses of Yoga & holds wide experience of almost 13 years in managing & executing all the teaching, training & administrative functions of the department & in organizing & conducting seminars, conferences, workshops & Yoga training programme. She has participated in several National & International Conferences & Presented Papers in the same.

She regularly writes & edits articles and she is pursuing several research projects. The Yoga programme stress management, weight reduction, vision care, complete health, Yogic Therapy etc. she initiates in yoga Department has been very popular among all. She also started a unique activity under which Yoga Training is imparted to the children of economically backward section, through the students of Yoga Dept. This training is imparted free of cost.