

लेखक परिचय

डॉ नवदीप जोशी

- संस्थापक, नवयोग ग्राम,
- शिक्षाविद, श्री लाल बहादुर शास्त्री राष्ट्रीय संस्कृत विश्वविद्यालय
- अंतरराष्ट्रीय योग दिवस-2023 के लिए अंतर-मंत्रालयी समिति सदस्य "अंतरराष्ट्रीय नाद योग गुरु" की उपाधि से सम्मानित
- 365 दिनों तक प्रतिदिन 22 मिनट में 108 सूर्य नमस्कार पर एशिया बुक ऑफ रिकॉर्ड धारक,
- एसएसी सदस्य, सीसीआरवाईएन, आयुष मंत्रालय, भारत सरकार,
- निदेशक, परायोगासन खेल संवर्धन समिति (एनवाईएसएफ) युवा मामले और खेल मंत्रालय, भारत सरकार,
- सदस्य विशेषज्ञ (प्राकृतिक चिकित्सा और योग), श्री कृष्ण आयुष विश्वविद्यालय, कुरुक्षेत्र, हरियाणा,
- शास्त्री निकाय सदस्य, दिल्ली विश्वविद्यालय,
- पूर्वो सदस्य, यूटीडीबी, पर्यटन मंत्रालय, उत्तराखंड सरकार।
- रेकी ग्रैंड मास्टर।
- राष्ट्रीय टीवी में योग, सामाजिक, आध्यात्मिक, पर्यावरण और शिक्षा के विभिन्न पहलुओं पर पैनलिस्ट



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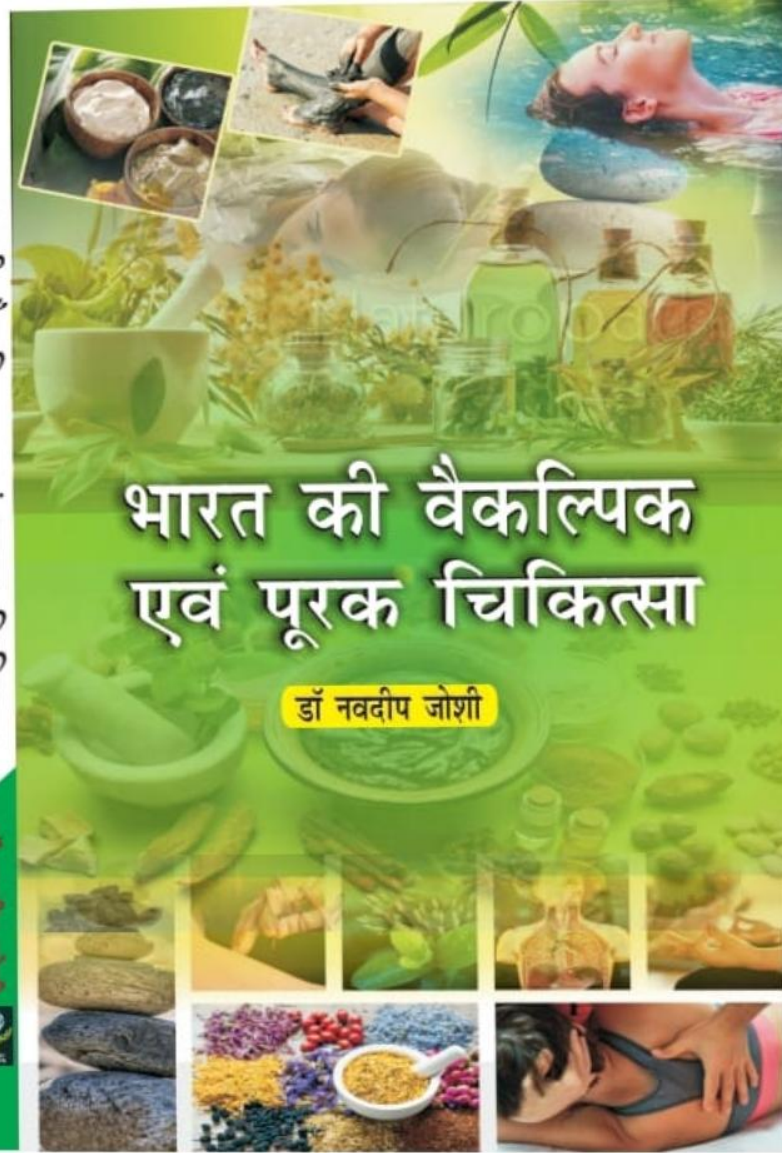
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ISBN: 978-81-949-750-1



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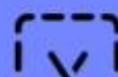
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अ. मा. पु. सं.: 978-93-94100-70-1

भारत में प्रकाशित 2021

इस पुस्तक के किसी भी अंश का पुनर्मुद्रण या किसी प्रणाली के सहारे प्रतिलिपि के प्रयास अथवा किसी भी तकनीकी उपाय—इलेक्ट्रॉनिक, मैकेनिकल, फोटोकॉपी, रिकॉर्डिंग या वेब माध्यम से लेखक तथा प्रकाशक की अनुमति के बिना प्रकाशन एवं वितरण नहीं किया जा सकता। लेखक ने अपने प्रयास से इस पुस्तक के तथ्यों तथा विवरणों को उचित स्रोतों से प्राप्त किया है। पुस्तक में प्रकाशित किसी भी सूचना की सत्यता के प्रति तथा इससे होने वाली किसी भी क्षति के लिए प्रकाशक, संपादक/लेखक अथवा मुद्रक उत्तरदायी नहीं हैं।

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Typeset by:

K.S.K. DTP UNIT, DELHI

Printed at:

S.K. Offset, Delhi





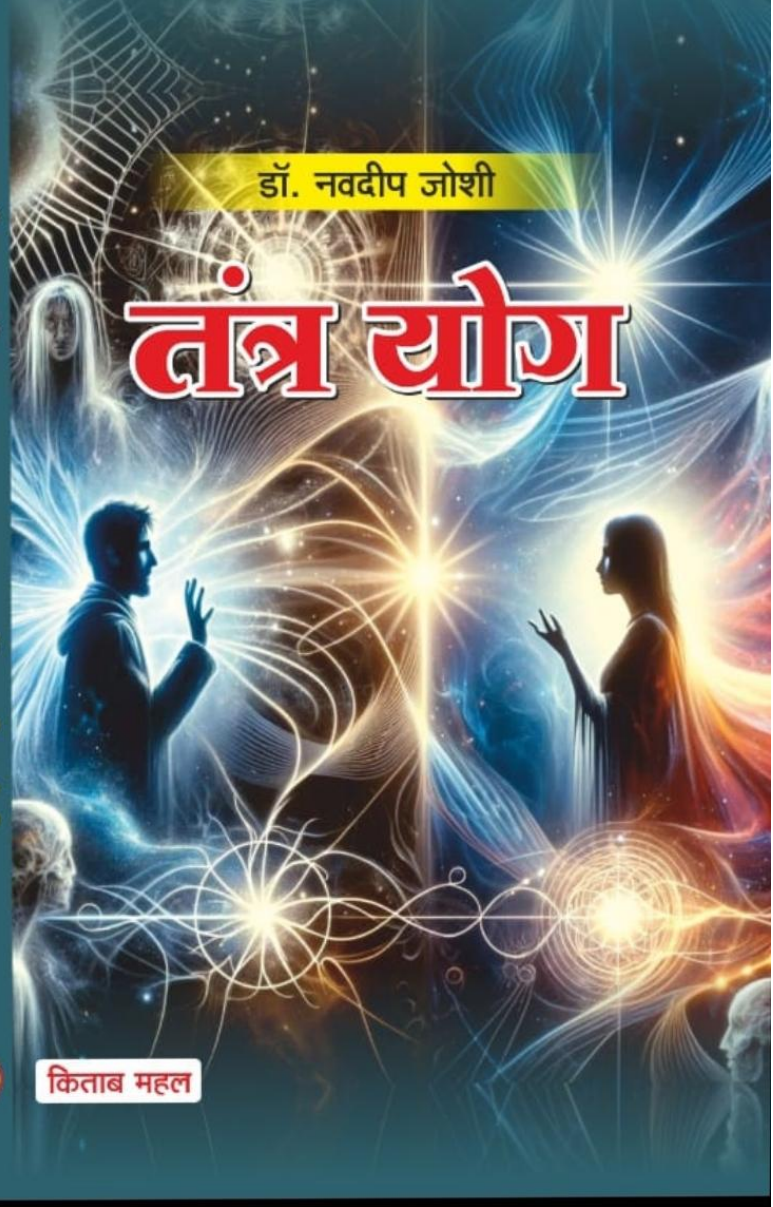
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- निदेशक, पैरा योगासन खेल संवर्धन समिति (योगासन भारत) युवा मामले और खेल मंत्रालय, भारत सरकार
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- रेकी ग्रैंड मास्टर
- आपकी दो किताब एवं 10 रिसर्च पेपर प्रकाशित हो चुकी हैं।

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प्रथम संस्करण : 2023

ISBN : 978-93-00000-00-0

Price : ₹000.00

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प्रकाशक : किताब महल, 4655/21, अंसारी रोड, ग्राउंड फ्लोर,

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किताब महल



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नादयोग विज्ञान

(वैदिक एवं व्यावहारिक अध्ययन)

किताब महल

प्रथम संस्करण : 2024

ISBN : 978-81-969833-9-0

Price : ₹195.00

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ISBN 978-81-969833-9-0



1

Instant Notes on Yoga



Fundamentals of

Yoga

HISTORY AND VARIOUS SCHOOLS OF YOGA



Dr. Vikram Singh
Dr. Navdeep Joshi

2

Instant Notes on Yoga



Yoga Texts-I

PRINCIPAL UPANISHADS, BHAGAVAD GITA AND YOGA VASISHTHA



Dr. Vikram Singh
Dr. Navdeep Joshi

Yoga Texts-I : Principal Upanishads, Bhagavad Gita, Yoga Vasishtha –Dr. Vikram Singh and Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-639-1

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Published by
Friends Publications (India)
101, 4787/23, Ansari Road, Daryaganj,
New Delhi - 110002
011-23246222, 981119709
friendspublicationsindia@gmail.com

Price - Rs. 1795.00
Pages - 312 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
Shri Sai Printographers, Delhi

Printed in India
Tridents Enterprises, Noida (U. P.)



Yoga Texts-I

PRINCIPAL UPANISHADS, BHAGAVAD GITA AND YOGA VASISHTHA

About the Authors



Dr. Vikram Singh obtained his professional qualifications in Physical Education from NIS Patiala, Punjabi University, Patiala, and Kurukshetra University, Haryana. He holds a PhD in Physical Education from CIE/Faculty of Education, University of Delhi. Additionally, he earned a Master's Degree in Preksha Meditation, Yoga, and Science of Living from Jain Vishwa Bharti Institute in Ladnun, Rajasthan. Dr. Singh's accomplishments include being a gold medallist in M.Phil. Physical Education from Kurukshetra University and excelling in the NIS Certificate Course in Athletics from Patiala. He has also achieved UGC JRF/NET and SLET topper positions in Punjab and Haryana. His contributions have been recognized with several prestigious awards, including the "Young Scientist Award" from the Sports Psychology Association of India in 2004 and the Dr. B.R. Ambedkar National Award in 2016 for his work in "Yoga." Furthermore, Dr. Singh is an elected fellow of the Indian Association of Yoga, New Delhi, recognizing his outstanding contributions to advancing "Yoga." He served as an Empanelled Distinguished Faculty (Sports) at India's first skill university, "Shri Vishwakarma Skill University," Haryana,

from December 2019 to June 2020. His international accolades include the "International Academic Excellence Awardee" 2021 by the "International Federation of Physical Education, Fitness & Sports Science Associations." Dr. Singh also received the "Shikhar Purashkar" for valuable support to Entire Research (International Research Journal) in 2021. Recently, he was honoured with the "Rashtriya Gaurav Award" by the Divya Yogmaya Foundation in 2024. Dr. Vikram Singh's expertise extends to assessing qualifications. He is a certified assessor for the Early Years Physical Activity Facilitators. His prolific academic career includes presenting approximately 120 research papers and delivering over 300 online and offline lectures at various National and International conferences and workshops. He has authored 97 publications, including 51 journal articles, 28 general articles and 18 books on Health, Physical Education, Yoga and Naturopathy. Authored the ground-breaking book "Comprehensive Physical Education", designed explicitly for UGC/NET examinations in physical education. Dr. Singh served as a teacher educator at SCERT/DIET Delhi for a duration of 7 years and 6 months, total 25 years of experience. Currently, he holds the position of Senior Assistant Director at Jawaharlal Nehru University in New Delhi, a role he has held since 2007.



Dr. Navdeep Joshi is the Founder of Navyoga gram and has served as an Inter-ministerial Committee Member for International Yoga day -2023 under the Ministry of Ayush, Government of India. Dr. Joshi has been honored with the prestigious title of "International nada yoga guru" and is an Asia book of Record holder for performing 108 Surya Namashkar in 22 minutes per day for 365 days. Dr. Joshi is a member of the SAC (Scientific Advisory Committee) at CCRYN, Ministry of Ayush, Government of India. He is also a Member Expert (Naturopathy and Yoga) at Shri Krishna Ayush University, Kurukshetra, Haryana. He serves as the National Coordinator for the Para Yogasana Sports promotion committee (NYSF) under the Ministry of Youth Affairs and Sports, Government of India. Additionally, Dr. Joshi is a Governing Body Member of Delhi University and has previously served as an Ex. Member of UTDB, Ministry of Tourism, Uttarakhand Government. He is also a Member of the placement cell at Shri Lal Bhadur Shastri National Sanskrit University, where he works as an EDUCATIONIST. Dr. Joshi is a renowned Reiki Grand Master and has published 3 books

and 10 research papers. He has been a panelist on various subjects related to yoga, social, spiritual, environmental, and educational matters on national television.

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Instant Notes on Yoga



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YOGA UPANISHADS



Dr. Vikram Singh
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Prof. (Yoga), Shri Lal Bahadur Shastri
National Sanskrit University, New Delhi



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Publishers of Books on Physical Education and Sports Science

New Delhi - 110002

Yoga Texts-II : Yoga Upanishads – Dr. Vikram Singh and Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-362-8

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Published by

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Price - Rs. 1395.00

Pages - 214 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
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ISBN: 978-93-5978-362-8



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Instant Notes on Yoga



Patanjali Yoga Sutra



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Friends Publications (India)

Publishers of Books on Physical Education and Sports Science

New Delhi - 110002

Patanjali Yoga Sutra – Dr. Vikram Singh and Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-225-6

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Published by

Friends Publications (India)

101, 4787/23, Ansari Road, Daryaganj,

New Delhi - 110002

011-23246222, 981119709

friendspublicationsindia@gmail.com

Price - Rs. 1395.00

Pages - 242 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
Shri Sai Printographers, Delhi

Printed in India

Tridents Enterprises, Noida (U. P.)



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Instant Notes on Yoga



Hatha Yoga Texts



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Friends Publications (India)

Publishers of Books on Physical Education and Sports Science

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Hatha Yoga Texts – Dr. Vikram Singh and Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-798-5

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Published by

Friends Publications (India)

101, 4787/23, Ansari Road, Daryaganj,

New Delhi - 110002

011-23246222, 981119709

friendspublicationsindia@gmail.com

Price - Rs. 1195.00

Pages - 202 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
Shri Sai Printographers, Delhi

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GENERAL PSYCHOLOGY, HUMAN BIOLOGY, DIET & NUTRITION



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Publishers of Books on Physical Education and Sports Science
New Delhi - 110002

Allied Sciences : General Psychology, Human Biology, Diet and Nutrition – Dr. Vikram Singh, Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-518-9

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Published by
Friends Publications (India)
101, 4787/23, Ansari Road, Daryaganj,
New Delhi - 110002
011-23246222, 981119709
friendspublicationsindia@gmail.com

Price - Rs. 2995.00
Pages - 520 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
Shri Sai Printographers, Delhi

Printed in India
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Yoga and Health



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Publishers of Books on Physical Education and Sports Science
New Delhi - 110002

Yoga and Health – Dr. Vikram Singh and Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-404-5

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Published by

Friends Publications (India)

101, 4787/23, Ansari Road, Daryaganj,

New Delhi - 110002

011-23246222, 981119709

friendspublicationsindia@gmail.com

Price - Rs. 795.00

Pages - 126 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
Shri Sai Printographers, Delhi

Printed in India
Tridents Enterprises, Noida (U. P.)



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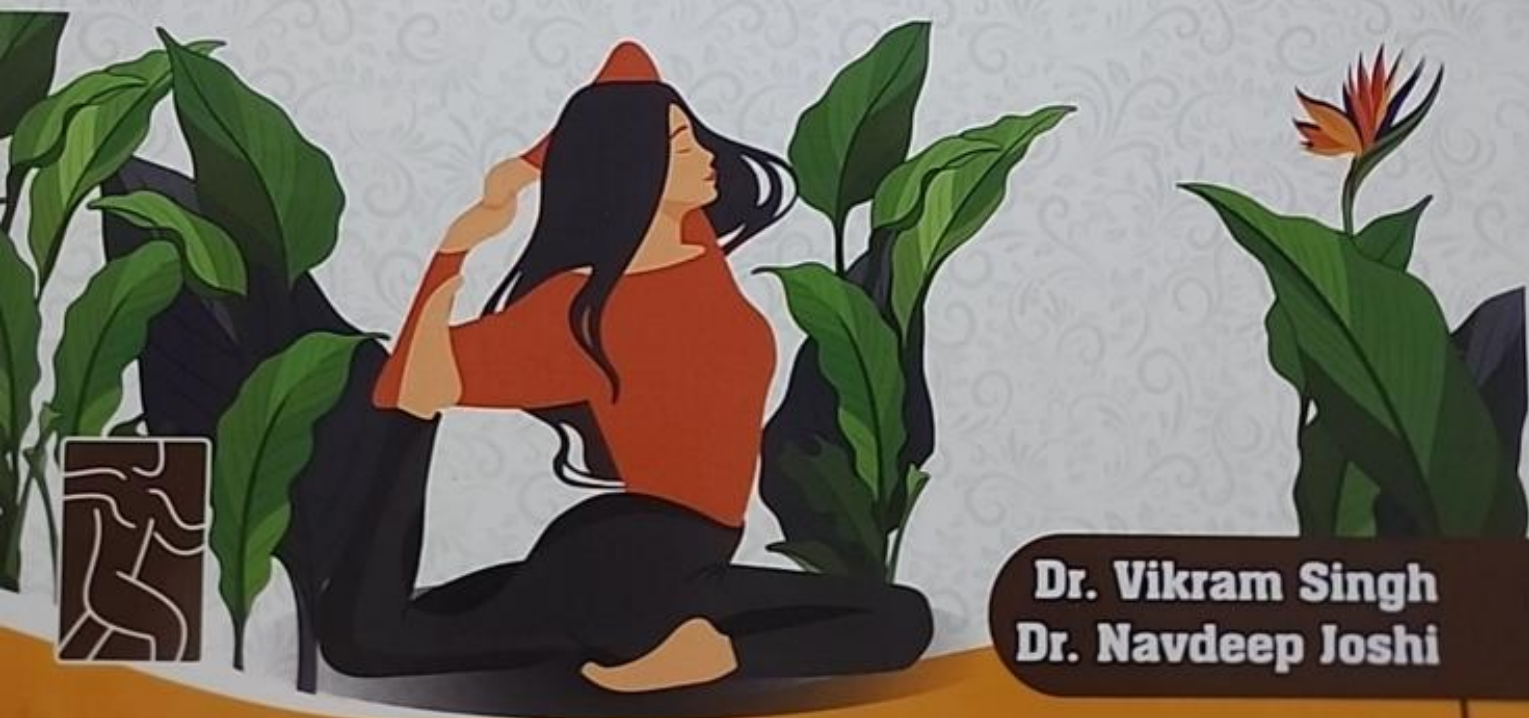
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Instant Notes on Yoga



Therapeutic Yoga



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Friends Publications (India)

Publishers of Books on Physical Education and Sports Science
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First Edition

ISBN - 978-93-5978-688-9

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Published by

Friends Publications (India)

101, 4787/23, Ansari Road, Daryaganj,
New Delhi - 110002

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Price - Rs. 795.00

Pages - 132 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
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ISBN: 978-93-5978-688-9



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ISBN - 978-93-5978-237-9

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Published by
Friends Publications (India)
101, 4787/23, Ansari Road, Daryaganj,
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Applications of Yoga

About the Authors



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Dr. Navdeep Joshi is the Founder of Navyoga gram and has served as an Inter-ministerial Committee Member for International Yoga day -2023 under the Ministry of Ayush, Government of India. Dr. Joshi has been honored with the prestigious title of "International nada yoga guru" and is an Asia book of Record holder for performing 108 Surya Namashkar in 22 minutes per day for 365 days. Dr. Joshi is a member of the SAC (Scientific Advisory Committee) at CCRYN, Ministry of Ayush, Government of India. He is also a Member Expert (Naturopathy and Yoga) at Shri Krishna Ayush University, Kurukshetra, Haryana. He serves as the National Coordinator for the Para Yogasana Sports promotion committee (NYSF) under the Ministry of Youth Affairs and Sports, Government of India. Additionally, Dr. Joshi is a Governing Body Member of Delhi University and has previously served as an Ex. Member of UTDB, Ministry of Tourism, Uttarakhand Government. He is also a Member of the placement cell at Shri Lal Bhadur Shastri National Sanskrit University, where he works as an EDUCATIONIST. Dr. Joshi is a renowned Reiki Grand Master and has published 3 books

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₹ 895.00

ISBN: 978-93-5978-237-9



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Instant Notes on Yoga



Practical Yoga

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DHYANA AND SURYA NAMASKARA



Dr. Vikram Singh
Dr. Navdeep Joshi

Practical Yoga—Shatkarma, Asana, Pranayama, Mudra, Bandha, Dhyana and Surya Namaskara
Dr. Vikram Singh, Dr. Navdeep Joshi

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First Edition

ISBN - 978-93-5978-919-4

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Published by
Friends Publications (India)
101, 4787/23, Ansari Road, Daryaganj,
New Delhi - 110002
011-23246222, 981119709
friendspublicationsindia@gmail.com

Price - Rs. 1395.00
Pages - 250 | Paper - 80gsm | Size - 8.25x10.5

Cover Design & Type Setting by
Shri Sai Printographers, Delhi

Printed in India
Tridents Enterprises, Noida (U. P.)



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Publishers of Books on Physical Education and Sports Science
New Delhi - 110002