



STATE:PUNJAB

Bharat Swabhiman ,Patanjali Yog Samiti & Mahila Patanjali Yog Samiti

LIST OF YOG TEACHERS 'A' CATEGORY

1. Distt: JALANDHAR

Sr.No	Name	Contact No	Yog Class Address
1.	Sh. Rajinder Shangari	9915715524	Vatsalya Yog Gram , Near A.P.J School , Tanda Road , Jalandhar City
2.	Smt .Seema Shangari	9915715529	Yog Bhawan Mai Hiran Gate, Near Sunder Book Depot , Jalandhar City
3.	Pammi Verma	9855656634	Ganga Giri Mandir, Near Hoshiarpur Pathak Railway Crossing ,Jalandhar City
4.	Kanachan Arora	9417122959	Yog Bhawan Mai Hiran Gate, Near Sunder Book Depot , Jalandhar City
5.	Kiran Chadha	9988457914	Yog Bhawan Mai Hiran Gate, Near Sunder Book Depot , Jalandhar City
6.	Ramesh Aggarwal	9646851070	Kila Mohalla , Jalandhar City

7.	Kusum Gupta	8567059755	Din Dayal Upadhyay Nagar Park ,Jalandhar City
8.	Sonia Sood	9780040122	Anandpur Kutiya , Sodal Road ,Jalandhar City
9.	Renu Madan	9646628922	Anandpur Kutiya , Sodal Road ,Jalandhar City
10.	Raj Rani	9780631479	Jammu wale Udas marg satsang Bhawan Garh, Jalandhar City
11.	Vijay Laxmi	7837693199	Model House Park, Jalandhar City
12.	Sh.Hem Raj	9872599922	Gopal Nagar Park Near Pili Kothi Jalandhar City
13.	Dass Mahesh jairath	9417863450	Hamara Park , Adarsh Nagar, Jalandhar City

2. Distt: LUDHIANA

Sr.No	Name	Contact No	Yog Class Address
1.	Parmod Sharma	9915715523	Rose Garden Civil Lines , Ludhiana
2.	Sandeep Arya	7508980369	Mundian Kalan School Chandigarh Road Ludhiana
3.	Poonam	9592080604	Gk Estate Park ,Opp. Shitala Mata Mandir , Ludhiana

3. Distt: BARNALA

Sr.No	Name	Contact No	Yog Class Address
1.	Bishan Dass	9464915165	Green Avenue Colony Park , Nanksa Road , Barnala
2.	Kamal Parkash	9417258333	Satsang Bhawan Near LIC office Chowk , Barnala
3.	Darshan Mittal	9814439631	Water workshop, Near old Bus Stand , Barnala

4. Distt: MOGA

Sr.No.	Name	Contact No	Yog Class Address
1.	Sachin Goyal	9316592092	Sab Jail, G.T Road , Near DC Residence ,Moga
2.	Balwinder Singh	9417479821	Geeta Bhawan Park , Moga
3.	Om parkash	9988854103	Dashmesh Park , Dashmesh Nagar , Amritsar Road , Moga
4.	Joginder singh mahla	8146535355	Evergreen Park , Near Indoor Stadium Main G.T Road Opp. Bijli Ghar Moga

5. Distt: GURDASPUR

Sr.No.	Name	Contact No	Yog Class Address
1.	Rohit uppal	9814650322	Krishan Mandir, Madi Gurdaspur
2.	Tilak Raj	9855250805	Krishan Mandir, Madi Gurdaspur
3.	Abnash Singh	9463609690	Fish Park , Gurdaspur
5.	Subhash Chander	9814972691	Village :Fajupur Mandir , Gurdaspur
6.	Som Nath	9988860567	Parshuram mandir,Dariwal Gurdaspur
7.	Satiesh Kumar Sachhar	9888380213	Govt School Fatehgarh Churian , Gurdaspur
8.	Sukhdev Singh	9988145511	Parshuram mandir, Dariwal Gurdaspur

6. Distt: PATHANKOT

Sr.No	Name	Contact No	Yog Class Address
1.	Sh.Lakhwinder singh	9915715531	Vidya Mandir Higher Secondary School Gali No:2 Shivaji Nagar , Pathankot
2.	Parshotam	8054676028	Village , Goda Kala, P.O: Gialya , Pathankot
3.	Raghuvir Singh	9417397291	Sarvhitkari Vidya Mandir, Haryal ,Pathankot
4.	Amit	9872649130	Environment Park, Pathankot

5.	Parveen	9465787907	Sai College, Village Bungal , Pathankot
6.	Joginder	9646584540	Vidya Bharti School, Pathankot
7.	Sahil Sharma	7696003021	Environment Park, Pathankot
8.	Smt.Chanchal	9646015823	Village : Bhoa , Pathankot
9.	Neelam		Village :Jugial , Pathankot
10.	Smt.Sunita	9888561422	Village : Mamoon , Pathankot
11.	Kirti	9914998700	Vidya Bharti School, Pathankot
12.	Tamana		Vidya Bharti School, Pathankot
13.	Mohini Thakur	9417408300	Environment Park, Pathankot
14.	Kendar Nath	9780539642	Environment Park, Pathankot

7. Distt: TARNTARAN

Sr.No	Name	Contact No	Yog Class Address
1.	Ramesh Chander	9915715530	Sarvhitkari Vidya Mandir School , Near Raiway Station.
2.	Sunil Maini	9646008066	Sarvhitkari Vidya Mandir School , Near Raiway Station.
3.	Karan Bajaj	9815430300	Sarvhitkari Vidya Mandir School , Near

			Raiway Station.
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8. Distt: AMRITSAR

Sr.No	Name	Contact No	Yog Class Address
1.	Raj Kumar	9463288068	Gurbax Nagar,Nava Court Near Amandeep Sainik School , Amritsar
2.	Vipen Gupta	9815804484	Virandawan Garden , Fatehgarh Churian Road , Amritsar
3.	Ashwani Prashar	9417970676	Gurbax Nagar,Nava Court Near Amandeep Sainik School , Amritsar
4.	Ritesh Chawla	7307792522	Gurbax Nagar,Nava Court Near Amandeep Sainik School , Amritsar
5.	Jaskirat Kaur	7307679706	Tutha Mandir, Near Khajana Gate, Amritsar
6.	Seema Sharma	9417031733	Gurbax Nagar,Nava Court Near Amandeep Sainik School , Amritsar
7.	Ishu Mala	8872129601	Indira Colony , Amritsar
8.	Ranju Madaan	9888175060	Aman Avenue Park , Amritsar
9.	Balkrishan	988871361	Aman Avenue Park , Amritsar
10.	Savita Sharma	9779700945	Sant Park Near Bhakta Da Chowk , Amritsar

11.	Manju	9888470985	Bulariya Park , Shaheed Shabha Gurudwara , Amritsar
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9. Distt: MUKTSAR

Sr.No	Name	Contact No	Yog Class Address
1.	Charanjit Kaur	9501977233	Mukte Minar Park, Near DC office , Shri Muktsar Sahib
2.	Jagroop Singh	9417376039	Punjab Place Near Dane wala Chowk , Malout, Shri Muktsar Sahib
3.	Paramjit Kaur	7087795367	Birla Colony, Malout , Shri Muktsar Sahib
4.	Amita Gupta	8846035786	Lahoria Dhabha Malout Road , Shri Muktsar Sahib
5.	Harbans Singh	9464726401	Dav College Malout , Shri Muktsar Sahib
6.	Rakesh Kumar	9872967602	Punjab Place Near Dane wala Chowk , Malout, Shri Muktsar Sahib
7.	Rishu Brar	9781871445	Lahoria Dhabha Malout Road , Shri Muktsar Sahib

10. Distt: FAZILKA

Sr.No	Name	Contact No	Yog Class Address
1.	Baljinder Kumar	9855086008	Village: Sulha, Block: Guruharsahai, Teh: Jalalabad , Fazilka
2.	Harbans Lal	9417612796	Udam Singh Park , Jalalabad, Fazilka
3.	Neelam Pujara	9872310166	Gaushala, Gaushala Road Teh: Fazilka, Fazilka

11. Distt: FEROPUR

Sr.No	Name	Contact No	Yog Class Address
1.	Dr. Arminder Singh	9530724919	DCM Jain School , Distt : Ferozpur .City
2.	Ajit singh	8283825380	Govt Ser, Sec School Talwandi Bhai Distt : Ferozpur City
3.	Shakti Chopra	9463427192	New Azad Nagar Park , Distt : Ferozpur City

12. Distt:FARIDKOT

Sr.No	Name	Contact No	Yog Class Address
1.	Dr. Ranjit Singh	988204310	Dera Baba Darya Giri , Near New Bus Stand , Kotakpura , Faridkot
2.	Geeta Gera	987853772	Sh. Gelaram Memorial Charitable Trust , Faridkot
3.	Desh Bhandu	9463350551	Girls Kamla Nehru Jain Ser . Sec School ,Faridkot

13. Distt: BATHINDA

Sr.No	Name	Contact No	Yog Class Address
1.	Anish Kumar	9463762436	Jai Maa Shakti Vaishno Vidya Mandir Near Durga Mandir , Rampura Phul , Bathinda
2.	Vijender Sharma	9417445482	Children Park Civil Lines , Bathinda
3.	Veena Garg	7508033333	Shri Ram Virdha Ashram , Amritsar Road , Bathinda

14. Distt: MANSA

Sr.No	Name	Contact No	Yog Class Address
1.	Sh. Amarjit singh	9915715531	Baba Dayan Chand Dera , Mansa
2.	Sh. Deep Chander	9915715538	Ram Bagh , Mansa
3.	Balwant Singh	9465264552	Katariwal Gurudwara Shahib ,Mansa
4.	Bashakh Singh	9501536239	Bhoa Mandir, Mansa
5.	Om parkash	9872920210	Tirwani Park , Mansa
6.	Darshan Singh	9872920210	Dasuewala mandir ,Mansa
7.	Dawinder Kumar	9988749699	Kotali Model High School , Mansa
8.	Gopi Ram	9779360623	Khera Khurd , Mandir,Mansa
9.	Harbans Singh	9417753040	Kotsinghwala ,Gurudwara Sahib , Mansa

15. Distt: SANGRUR

Sr.No	Name	Contact No	Yog Class Address
1.	Sh. Surinder Pal Gupta	9915715539	Arya Samaj Mandir , Sangrur
2.	J.K Malhotra	9463763639	Sai Park, Ram Basti , Sangrur
3.	Master Tirloki nath	9417761469	Prem Sabha High School Sangrur
4	Pushpa Sharma	9914022997	Kishana Bag Colony Gali No 9 Nabha Gate , Sangrur

16. Distt: PATIALA

Sr.No	Name	Contact No	Yog Class Address
1.	Bijender Shastri	9915715527	D.A.V School Bhupindra Road Patiala
2.	Rajesh Kaul	9888089731	D.M.W Colony , Patiala
3.	Satinder Kaur	9417680703	Shiv Mandir New Anaz Mandi , Patiala
4.	Shashi Nanda	9023330050	Govt Primary School , Patiala
5.	Renu gupta	9779886288	Factory Area , Patiala
7.	Sama Garg	9872267329	D.A.V School Bhupindra Road Patiala
8.	Babu khan	9646013110	Majithia Enclave Patiala
9.	Dr. Vp Mehta	9876623600	Shiv Mandir , satranga Chowk , Rajpura
10.	Suman anand	9417701299	7- Hem Bhagh Colony Patiala
11.	Gurdev Bhogal	9646556798	Gali No:8 Gurbax Colony Patiala

17. Distt: NAWANSHAHR

Sr.No	Name	Contact No	Yog Class Address
1.	Birj Mohan Barthwal	9463956394	Prakash Model Ser. Sec School , Rahu Road Nawanshar
2.	Satpal Suri	9357872747	G.M College for women , Banga

			Nawanshar
4.	Virinder nuri	9041006230	WL Arya Sec Sec School , Nawanshar

18. Distt: HOSHIARPUR-1

Sr.No	Name	Contact No	Yog Class Address
1.	Krishan Chand Sharma	9915715533	Officers Colony , Hoshiarpur
2.	Vimal Bhatia	9915522318	Prem Ghar , Hoshiarpur
3.	Rohit Kumar	9876060408	Shiv Mandir Januri , Hoshiarpur
4.	Ram Chander	9417088711	Village : Sathityana, Hoshiarpur
5.	Jagdesb Kumar Sharma	9501955393	Khalsa School, Haryana , Hoshiarpur

19. Distt: KAPURTHALA

Sr.No	Name	Contact No	Yog Class Address
1.	Vijay Arora	9855734918	Shalimar Bagh , Kapurthala
2.	Parveen	8528535105	Shalimar Bagh , Kapurthala
3.	Harminder Singh	9814610761	Nirankari Bhawan ,Golden Avenue , Kanjali Road , Kapurthala
4.	Raman Kumar	9815456304	Kumra Bagh , Kapurthala

20. Distt: ROPAR

Sr.No	Name	Contact No	Yog Class Address
1.	Sh. Tarsem Lal	9915715542	Anad Bhawan Club , Nangal
2.	Subhash Chander	9417423101	Amol Kaila Park , Nangal
3.	Sham lal	9915439244	Kiratpur Sr. Sec School , Ropar
4.	Partibha Dixit	9463365291	Shivalik Enclave , Ropar
5.	Shakti Chander	9417590996	Head Works Club , Ropar
6.	Pritam singh	9988892797	Power Colony , Ropar
7.	Ravinder Naryan	9878691027	Jai Singh Nagar Park , Ropar

21. HOSHIARPUR-2

Sr.No	Name	Contact No	Yog Class Address
1.	Sukhdev singh	9417492785	Village: Wahmava Community Hall, Near Talwara , Hoshiarpur
2.	Kuldeep Singh	9478176834	Dadi Mata Mandir , AbdulPur , Mukerian, Hoshiarpur

22. FATEHGARH SAHIB

Sr.No	Name	Contact No	Yog Class Address
1.	Mukesh Jindal	9316257218	Green Park , Mandigobindgarh , Fatehgarh Sahib
2.	Dr. Ashok Jindal	9417354010	Govt. Sr. Sec School Boys , Amloh, Fatehgarh Sahib

