

# A BRIEF ABOUT

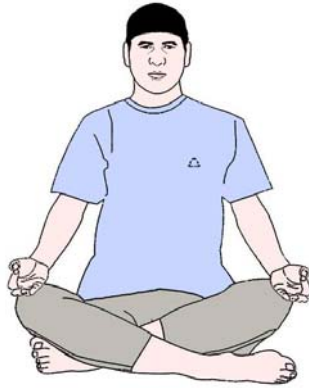


# YOGI WAJAHAT



# AND OUR ACTIVITIES

## STUDENT OF DR.MOIZ HUSSAIN



Yogi Wajahat has done Diploma in Mechanical Engineering and worked as supervisor in company.

But to fulfill his dream and eager to do thing differently he start learning Yoga and mind sciences courses from Institute of classical yoga and mind science (TIMS) and different Instructors. He also went abroad to learn the different aspect of Yoga and Ayurveda

Yogi Wajahat start teaching and passing the knowledge what he have learned by opening an institute by name of **Yogi Wajahat Institute** in 2002.

Yogi Wajahat has been practicing and teaching Hata and Raja yoga. A pioneer of yoga based television program in Pakistan, since 2002 on Indus TV Networks. He is first who claim that Yoga furnishes, design and started from **Mohen-Jo-Daro Sindh Pakistan**.

He is also a trained Hypnotherapist, a NLP (neuro-linguistic programming) practitioner, Reiki, and yoga therapist. He conducts workshops, lectures, and seminar on yoga for general public as well as for corporate sectors and Armed Forces in different cities of Pakistan including Stress Management and different Health related problems. He supervises personal and groups' classes of yoga, and distances learning courses at the institute. He is also a member of consumer association of Pakistan, A Friend of Children Cancer Hospital, and also member of Pakistan Sri Lanka Friendship Society. Director of Rehman Foundation Karachi.

He achieved an award of Excellence on 4diamintion (1999) a gold medal on the yoga work (2003) a pride of performance on 4diamintion (2004) by institute of mind science, achievement award by Fankaar log Hyderabad, (2005).Awarded Pakistan style award (2007) by Indus.

## LECTURE OR TRAINING SESSIONS

KARACHI GYMKHANA		(TRAINING SESSIONS)
AGHA KHAN SPORTS AND REHABILITATION CENTER		(TRAINING SESSIONS)
PAKISTAN AIR FORCE WAR COLLEGE		(LECTURE)
NOVARTICE		(TRAINING SESSIONS)
N E D UNIVERSITY		(LECTURE)
NUTSHEEL		(TRAINING SESSIONS)
TOST MASTER		(LECTURE)
LINKER CLUB		(LECTURE)
MORNING WORKER ASSOCIATION		(TRAINING SESSIONS)
UNION CLUB KARACHI		(TRAINING SESSIONS)
GOVERNOR HOUSE PANJAB		(TRAINING SESSIONS)
ICI KARACHI		(LECTURE)
LIONS CLUB DEFENCE CHAPTER		(LECTURE)
AMERICAN CONCRETE KARACHI		(TRAINING SESSIONS)
GERMAN CONCRETE KARACHI		(TRAINING SESSIONS)
HABIB BANK PLAZA		(TRAINING SESSIONS)
CITY SCHOOL PAF CHAPTER	<b>2010- 2011</b>	(LECTURE)
HYDRABAD GYMKHANA		(LECTURE)
AGHA KHAN GYMKHANA		(TRAINING SESSIONS)
ALHAMRA HALL LAHORE		(TRAINING SESSIONS)
PAKISTAN MEDICAL ASSOCIATION		(LECTURE)
MEMON FOUNDATION KARIMABAD		(LECTURE)
PAKISTAN DIABETES PREVENTION ASSOCIATION		(LECTURE)
DIABETICS PAKISTAN		(LECTURE)
YOUNG PRESIDENT ORGANIZATION		(TRAINING SESSIONS)
KARACHI CLUB		(LECTURE)
AYURVEDA EXPO COLOMBO SRI LANKA	14 July 2011	(PARTICIPATION)
HEALTH ASIA EXHIBITION	<b>18-19 AUGUST 2006</b>	(PARTICIPATION)
INTERNATIONAL WOMEN DAY	<b>28-04-2012</b>	(TRAINING SESSIONS)
MORNING WORKER ASSOCIATION		(INTRO LECTURE)
KARACHI BOAT CLUB	<b>28-05-2012</b>	(LECTURE)
ESSA LABORATORY SEMINAR	<b>30-05-2012</b>	(LECTURE)
Y. E. W. FOR YOU EVENT	<b>03-06-2012</b>	(TRAINING SESSIONS)
GSK/GLITZ EVENT	<b>05-06-2012</b>	(TRAINING SESSIONS)
AG WOMAN EVENT	<b>09-06-2012</b>	(LECTURE)
KARACHI BOAT CLUB	<b>09-06-2012</b>	(TRAINING SESSIONS)
YOGA AT USC KARACHI	<b>10-06-2012</b>	(TRAINING SESSIONS)
Y. E. W. FOR YOU EVENT	<b>03-06-2012</b>	(TRAINING SESSIONS)
Y. E. W. FOR YOU EVENT	<b>13-06-2012</b>	(TRAINING SESSIONS)
DIABETIC AWARENESS	<b>17-06-2012</b>	(LECTURE)
ESSA LABORATORY WEIGHT LOSS	<b>30-06-2012</b>	(TRAINING SESSIONS)
NATIONAL ACADEMY OF PERFORMANCE ART	<b>04-09-2012</b>	(MOVEMENT CLASSES)
YOGA FOR HEART	<b>05-09-2012</b>	
YOGA AT WORKPLACE	<b>08-10-2012</b>	Sindh Judicial Academy
YOGA AND HUMAN SCIENCE	<b>10-10-2012</b>	Sindh Judicial Academy
YOGA AND STRESS	<b>13-10-2012</b>	Sindh Judicial Academy
YOGA AT WORK	<b>18-10-2012</b>	ENGRO POLYMER AND CHEMICALS LTD
YOUTH LEADERSHIP DEVELOPMENT PROGRAM	<b>06-07-2013</b>	Pakistan Memon Federation
VCARE SOCIAL WELFARE SOCIETY	<b>27-07-2013</b>	Agha Khan University
HEAD START SCHOOL SYSTEM	<b>04-08-2013</b>	(LECTURE)

## **TV SHOWS PARTICIPATION**

TV SINDH TV WITH ALI BANGHR  
HUM TV  
AAJ TV WITH ASFAR AND  
INDUS TV WITH AMBER  
A TV WITH FARAH ISLAMABAD  
A PLUS WITH FIZA  
HEALTH TV WITH DR. RAFIA  
K2 TV DUBAI  
SACH TV  
CNBC TV  
GEO TV  
METRO TV WITH SABIN  
DIN TV WITH SABIN  
INDUS MUSIC  
INDUS NEWS  
CNBC TV  
GEO TV  
ABB TAK TV  
HEALTH TV

**3/12/2012**  
**04-02-2013**  
**18-09-2013**  
**10-10-2013**

(AFTAR AT SINDH TV)  
(WITH MANI AND HIRA)  
(AJJ MORNING)  
(SOLA SINGAR)  
(MORNING WITH FARAH)  
(SUBAH KI FIZA)  
  
(SACH MORNING)  
(CHAI TIME) / WHO KIA HAI  
(KHOAB)  
  
(CHAI TIME)  
WITH DR SHAHISTA  
News Café  
SUBAH KAY DAS

## **AUTHOR**

YOGA MUDRA

## **HEALTH ADVASOR**

RIWAJJ MAGZINE

## **HOST AND DIRECTOR**

**INDUS YOGA** (INDUS TV) (THE LONGEST PRIVATE TV SHOW IN PAKISTAN 2001 to 2013)  
**JAN HAY TO JAHAN HAI** (INDUS TV)  
**TANDURUSTI HAZAR NAIMAT HAI** (INDUS TV)  
**KHAIL KHAIL MAIN** (FRIST CHILDREN TV SHOW ON PRIVATE TV NETWORK)  
**SECOND OPPINION** (HEALTH TV) (TILL MARCH 2012)  
**YOGA OUR SIHAT** (HEALTH TV) (6 MARCH 2012)  
**KAL LAY LIAY** (HEALTH TV)

## **RADIO SHOW PARTICIPATION**

FM 101 RADIO PAKISTAN  
FM 107 HAMARA KARACHI  
FM 100  
FM 106.6