



Resume of Prof. Gyan Shankar Sahay

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Qualification : M.A. (Sanskrit., Gold Medalist), Certificate Course in Yoga.

Post held –

- 1) Worked as Research Officer in Philosophico-Literary Research Department, Kaivalyadhama, Lonavla since 1976.
- 2) Lecturer, G. S. College of Yoga and Cultural Synthesis since 1977 and taught subjects – a) Yoga and Cultural Synthesis and presently teaching Yogic Texts like Hathapradipika, Gheranda Samhita etc.
- 3) Retired (2014) as officiating as Head of the Dept. of PLRD and also working as HOD and Managing Editor of YOGA MIMAMSA Res. Quarterly.
- 4) Teaching subjects **1)** Patanjala Yoga Sutra and **2)** Yoga Texts in Diploma in Yoga Education (Hathayogapradipika and Gheranda Samhita) and 3) Yoga and Cultural Synthesis.

Visit to Abroad : **1.** Visited **South Korea (Seoul)** on invitation for three months for conducting Diploma in Yoga Course at Aoma Yoga Academy , Seoul
2. Visiting regularly China, Singapore and Switzerland and Germany for conducting yoga classes and workshops on Hathayogapradipika, Gherandasamhita, Patanjala yoga sutras and Indian Philosophy (Samkhya Karika).

Publications :

Books Published (in Kaivalyadhama)–

1. Shiva Samhita (Critical Edition in Hindi) – Co-Editor
2. Vasistha Samhita (Critical Edition in Hindi and English) – Co-Editor
3. Yoga Concordance (Vol. I,II,III, IV, V, & VI) Co-Editor.
4. Yoga Kosha (In English) Co-Editor.
5. Asana Why & How – 1st Edition. – Co-Author
6. Critical Edition of Jyotsna on Hathapradipika with Hindi translation. (Co-Editor)
7. Joga Pradipyaka by Jayyatram – a Hindi Treatise in Yoga – a critical edition (Co-Editor)
8. Yoga Karika by Hariharananda Aranya – A Sanskrit Treatise in Yoga – a critical edition (Co-Editor)
9. Yoga Concordance (Vol.VII) (Co-Editor)

Helped in preparing Books and Published –

1. Hathapradipika (Critical Edition) Hindi and English (11nd Edition)
2. Gheranda Samhita (Critical Edition)
3. Ashtanga Yoga of Charandas

Books under preparation (At Kaivalyadhama)–

Jyotsna Commentary on Hatha Pradipika - English translation. (Co-Editor)
Siddha-siddhanta-paddhati of Gorakshanatha – Critical Edition (Co-Editor)

Books published as Individual Author

1. Hathayogapradipika – with exhaustive introduction, word meaning of the verse, composite translation and with special notes, illustration and Appendices (3rd Edition) in English is being published by Chaukhamba Publication, Varanasi. (coming very soon)
2. Hathayogapradipika – with exhaustive introduction, word meaning of the verse, composite translation and with special notes, illustration and Appendices (1st Edition) in Hindi is published by Chaukhamba Publication, Varanasi. (Available on Amazon also)
3. Hathayogapradipika – with exhaustive introduction, word meaning of the verse, composite translation and with special notes (5th Edition) Translated in Chinese by prof. Wang, is very much in demand in China.
4. Gherandasamhita – with exhaustive introduction, word meaning of the verse, composite translation and with special notes, illustration and Appendices (1st Edition) in English and Hindi (As two separate books) is published by Chaukhamba Publication, Varanasi. (Available on Amazon also)
5. Gherandasamhita - - with exhaustive introduction, word meaning of the verse, composite translation and with special notes (1st Edition) Translated in Chinese by Prof. Wang, is published in China.

Upcoming books by the author

1. **Commentary on Patanjala Yoga Sutra with word meaning , composite meaning and special commentary showing its relevance and application in modern times. (under preparation)**
2. **On Pranayama (being prepared with the help of around 25 boooks) (under preparation.)**

Articles –

Around 35 Research Papers published in Yoga Research Journal.

Teaching Experience in Yoga:

24 years of Teaching Experience to the students of Post Graduate Standard in the Gordhandas Seksaria College of Yoga and Cultural Synthesis of Kaivalyadhama.

Taught Subjects like **Yoga and Cultural Synthesis** and also the Subject **Yogic Texts**.

Worked as Lecturer for different Re-Orientation Program organized for the teachers from the schools of Maharashtra Government and Central Government

Invited as Guest Lecturer at Dr. H.S.Gour University , Sagar, Barakatulla University, Bhopal and Poona University, Pune, Morarji Desai National Institute of Yoga, New Delhi.

Conferences attended:

Attended as well as delivered lectures/presented papers in Seven **International Conferences** and several **National Conferences**.

Camps / Workshops organised :

- 1) Organized Yoga Camps of Three Weeks duration at Delhi and Agra on behalf of Kaivalyadhama and sponsored by Govt. of India, Ministry of Human Resource Development.
- 2) Organized **Yoga Workshops** at Ahmedabad, Sagar, Bhopal and Chandrapur on **Stress Awareness Program and Management of Stres through Yogic techniques**.
- 3) Worked as a Resource Person (Yoga) and Eminent Yoga Expert for **T.K.D.L. Project**, A joint project by CSIR, Ministry of Health, Department of AYUSH, Govt. of India and MDNIY, New Delhi. The TKDL project is meant for patenting the yogic practices which are well documented in Indian scriptures. Presently associated with TKDL as Member, Advisory Committee.

Area of Interest

Indian Philosophy and Traditional Yoga and believe in right understanding of Traditional Yoga, Patanjalyogasutra , Indian Philosophies and promoting Traditional Practices.
