








WICCI PRESIDENT, KARNATAKA YOGA STATE COUNCIL MEMBERS




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| <p>President</p> | <p>President, Karnataka Yoga Council</p> | <p>Luvena Range l</p> | <p>Luvena Rangel, Founder of The Curvy Yogi, is a body positive & accessible Yoga Teacher Trainer from the Satyananda Bihar School of Yoga tradition. She has a background in Medicine and Holistic Health and teaching credentials in Ayurveda and Meditation. She has studied under well known thinkers and spiritual teachers like Pt. Vamadev Shastry, Yogini Shambhavi, Dr. Deepak Chopra, Vianna Stibal and Pradeep Sattwamaya.</p> |  |
| <p>Vice President</p> | <p>Vice President, Karnataka Yoga Council</p> | <p>Uma Subramaniam</p> | <p>Uma's foundation in yoga comes from learning to practice from her father as a child. Over the years, yoga has remained a cornerstone of her work and practice. Her earlier work experience includes positions as Internal Auditor for a top 5 US National Bank, and in marketing and special publications at India's national newspapers.</p> <p>Uma is trained in the Classical Hata tradition with Pradeep Sattwamaya. She is a Ministry of Ayush Level 2 yoga teacher and is also a Yoga Alliance registered teacher specializing in Prenatal Yoga and Children's Yoga. She also has experience in working with children with special needs.</p> <p>Uma is currently pursuing Masters in Sanskrit, KSU, Bangalore to bring the disciplines of Yoga and Ayurveda (for mental and physical well-being) together through the original and authentic medium of Sanskrit.</p> |  |




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| | | | Uma is a consultant with health and fitness start-up Altlifelab (www.livealtlufe.com) and has designed and structured the yoga therapy program to reverse lifestyle diseases. | |
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| Council Member | | Anshu Seetharaman | Anshu began practicing yoga as a 5-yr old when she found a book on yoga but her serious Sadhana began in 1992 as a meditation teacher with Muktananda Ashram Delhi (www.siddhayoga.org), branch of Gurudev Siddha Peeth, Ganeshpuri, Maharashtra. She also learnt to 'teach' the 3 hours 'Learn to Meditate' course and the full day 'Shaktipath Intensive' course- Ganeshpuri. She has been teaching at various schools since 1998. She now has her own YouTube channel 'Anshu Vyas Yoga 365' and also runs a group on FB called Body Sculpting & Yoga Therapy where she motivates people to practice yoga. |  |
| | Communications & Editorial Officer | Banu Priya Subramani | Banu Priya is a corporate employee by profession. She has been practicing Yoga from two years and took the next step of teaching yoga. She is currently doing her 200 RYT TTC from Nirakula Yoga and started teaching Yoga online during lockdown as a Seva. She also practices Kriya Yoga through YSS (Yogoda Satsang Society)/ SRF(Self Realisation Fellowship) and is a disciple of Paramahansa Yogananda. |  |




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| <p>Governance & Liaison Officer</p> | <p>Chanchal Badsiwal</p> | <p>Chanchal Badsiwal is a Yogini, nature lover, karma believer. She loves to travel, trek and read. She admires Art in its various forms. She was born and raised in Delhi. She is an entrepreneur. She moved to Bangalore in 2014 and started her venture Chanchal ~ Bringing Art to Life, in 2015. She is trained in Classical Hata Yoga from Acharya Arun Prakash in Bangalore who teaches traditional practice in a Gurukul system.</p> |  |
| | <p>Dr. Sharon Samuel</p> | <p>Dr. Sharon Samuel: She has been actively teaching Ayurveda for undergraduate students and guiding post graduate students of ObGyn (Ayu). Presently working as Associate Professor and Consultant in Department of Prasuti Tantra and Stree Roga, Sri Sri College of Ayurveda science and Research, Bengaluru, Karnataka and also extending Ayurvedic support to Yoga teacher training institutions. She believes that health involves physical, emotional, spiritual and social wellness.</p> |  |
| | <p>Indira Chavva</p> | <p>Indira Chavva: She was introduced to Yoga in 2007 in a temple as part of the community service by a selfless yogi who conducted a 10 day Yoga course. That's when she have started practicing Yoga for herself but never thought of taking it as profession. I have done my RYT 200hrs in 2013, RYT 300hrs and RPYT in 2015. My yoga teaching journey started from there and did not stop. I am currently working at Yogasattwa in Mysore with my teacher Pradeep Sattwamaya from whom most of my Yoga education happened.</p> |  |


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| | Indira Pillai | <p>Indira is a committed sadhak, a passionate advocate of yoga and is Ayush certified & Yoga Alliance registered ERYT500 Hatha teacher & RYT200 in Power Yoga. Her experience is in various forms for yoga asana and its application including Hatha, Ashtanga Vinyasa, Power Yoga, Prenatal Yoga, Weight Management, personal therapy and offers general group classes as well as workshops.</p> <p>She is Senior Faculty for Yoga Teacher Training programs at a1000yoga, Bangalore since 2012 and comes from the Ashtanga Vinyasa - BNS Iyengar lineage. Beyond yoga, her other interests include writing, reading, and advocating for animal and gender rights.</p> |  |
| | Komal Jain | <p>Komal Jain is pursuing PhD in science of living, preksha meditation and yoga from Jain Vishva Bharti Institute, Ladnun. She feels passionate about sharing how yoga promotes wellbeing, physical health with psychological benefits and while integrating a healthy body, peaceful mind and liberated soul. Her practice has been influenced from my family culture of the Jain tradition where meditation is a core spiritual practice. I am also trained in the Patanjali tradition.</p> |  |
| Secretary General & provisional Treasurer | Mahima Trivedi | <p>Experience in teaching Yoga for beginners and experienced Yoga practitioners at Yogabhyasa. Teaching styles: Hatha Yoga, Asanas with props, Ashtanga Yoga, Yoga Nidra, Power Yoga, Pranayama, Meditation RYT 200 Certified by a1000 academy Bangalore (lineage Bihar school of Yoga, Swami Satyananda.</p> |  |

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| | | <p>She is Passionate about transforming lives through Yoga and re-discovering the connection between mind and body through Pranayama and Meditation.</p> | |
| | <p>Medha Bhaskar</p> | <p>Medha Bhaskar: She is a yoga teacher and co-founder of Amrutha Bindu Yoga. Yoga for her has been both transformative and uplifting – from being an unsure, self-conscious student, just out of her teens, to co-founding a yoga school and leading a young team of accomplished yoga teachers, less than a decade later. She is trained in the classical traditions of hatha yoga, ashtanga, vinyasa, restorative practices, Iyengar yoga, pranayama, meditation and yoga nidra.</p> |  |
| | <p>Nishara Antony</p> | <p>Nishara Antony: She is 45 years old, and a mother of two. She has been teaching yoga since 2008 after she did TTC 200 hours at the Sivananda Dhanwanthri Vedanta Ashram in Neyyar Dam, Kerala in 2007. In 2008, she went back to the ashram to complete the ATTC 500 hours to become a Yoga Acharya.</p> <p>Although her yoga study started off with the Sivananda style, she moved to pure Hatha Yoga after her training at a1000yoga, Bangalore, under the guidance of Shri. Pradeep Sattwamaya. She has further trained with Yoga Acharya Bharath Shetty of Indea Yoga in Mysore , Prenatal Yoga and a 100 hour TTC in Vinyasa Krama, at Yoga Vahini , Chennai, under the guidance of Shri. Srivatsa Ramaswami.</p> |  |

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| | Pragya Bhatt | <p>Pragya Bhatt: Her journey in yoga started in 2009 when she attended a power yoga class. In 2012 she was certified by SVYASA and is currently pursuing her MSc Yoga Therapy with them. In 2013 after returning to Bangalore, I started attending an Iyengar yoga class in Malleshwaram. Three years after that I met Abhijata Iyengar in Belur and since then I go to RIMYI, Pune yearly. Since my expertise is asanas and expression through the written word, I would like to use these skills to give back to the community.</p> |  |
| | Prathima David | <p>Prathima David: She has completed her Yoga Teacher's Training from. Prathima damaging her ACL (Anterior Cruciate Ligament) on the left knee in a bike accident during her 'Seva' project, which was part of her training. She underwent an ACL reconstruction surgery and healed herself in four to six months completely with exercises and yoga asanas. Today, Prathima has a yoga studio called Abhisarga in Koramangala, Bangalore. She specialises in the traditional form of Hatha Yoga and believes in the healing power of yoga.</p> |  |
| | Pushpa Thantry | <p>Pushpa Thantry: She is an experienced program manager with vast IT experience (IBM for 17+ yrs). In 2015, she left her corporate career to do a 2 year full time "Teach For India" fellowship. Post this , she works in NGO for past 5 years. She is a certified Yoga Teacher with a PG Diploma in Yogic Science from Annamali University.</p> <p>She is a motivated and committed Yoga Teacher with training in Yoga (Hatha Yoga Style). She follow the</p> |  |

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| | | Hatha yoga practice and her TTC both regular and pregnancy yoga is from a Training centre affiliated to SVYASA . | |
| | Rajalakshmi Nesargi | <p>Rajalakshmi V Nesargi has over 20 years of international experience practicing law, mostly in the USA and in India. She brings to table extensive experience advising and working with India and international based companies with diverse backgrounds. She has authored many books and articles in her field of expertise and actively holds classes in law universities.</p> <p>Her personal journey into Yoga and mindful eating started when her busy life in the USA caused significant health issues. This in turn reflected in marvelous recovery and totally surprised her doctors as well. Yoga remains an integral part of her life and philosophy.</p> |  |
| | Ritu Bajaj | <p>Ritu Bajaj: A long time yoga practitioner. Yoga is one ritual that is essential for her every morning. Until a few years back, she was not that regular, but the three years that she trained under Sir Prithvi Raj Singh from the Patanjali Yog Sutra [who was trained under Rishi Amruta Padanand] has changed her by making her more disciplined and stronger.</p> |  |
| Engagement Officer | Sachitha Kumari | <p>Corporate professional having more than a decade of experience in the field of IT and other departments. Aspiring yoga practitioner with an inbuilt quality of understanding a human being at first interaction. Anyone can do yoga but not all can become a yoga teacher. She is certified from SVYASA and also from Ashmayu Yoga, Bangalore.</p> |  |

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| <p>Communications & Editorial Officer</p> | <p>Shaveta Gupta</p> | <p>Shaveta is a Yoga practitioner and seeker since 2012. Have completed TTC RYT200 level from a1000 yoga academy, Indiranagar Bengaluru. Have also learnt power yoga under the guidance of S Vyasa teachers. Also a Certified Hatha Yoga instructor, Yoga Nidra and Kids yoga expert. Experience of teaching yoga to adults for three years and one year to school students. She seeking a larger goal in her yoga career through her learning and teaching experiences.</p> |  |
| | <p>Sireesha Naveen</p> | <p>Sireesha Naveen is a passionate Yoga Teacher, Marma Therapist, Bike Racer and Co-founder of Ashmayu Yoga. She was introduced to yoga and spirituality in her childhood first by her mother. She teaches multiple forms of yoga like hatha yoga, vinyasa yoga, restorative yoga, pranayama, meditation, yoga nidra, shatkarma etc. in group, one on one, workshops and in teacher training courses. She has helped more than 100 students become a Yoga Teacher through her yoga institute “Ashmayu Yoga”. Apart from being a Certified Yoga Teacher, she is also a certified sound healer and help people with Sound Meditation and Healing to overcome many concerns such as insomnia, stress, body pains etc.</p> |  |
| <p>General Administrative Officer</p> | <p>Sowmya Ayyar</p> | <p>Sowmya Ayyar: She is an American living in Bangalore since 2011. She is the Founder & Director of Prafull Oorja Charitable Foundation, which trains yoga therapists to implement programs to under-resourced communities such as special needs, women’s groups, prisons, and rural areas, in a sustainable manner. Sowmya holds a PG Diploma in</p> |  |

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| | | <p>Social Innovation Management (Amani Institute); an MA in Environmental Security (UN UPEACE); an MA in Peace & Conflict Transformation (University of Innsbruck); and a BS in Sociology & Gerontology (Santa Clara University).</p> <p>Sowmya has written blogs on Yogic Topics for the last decade. She loves to walk and hike, meet and mentor youth and women, contemplate politics and life.</p> | |
| <p>Engagement Officer</p> | <p>Sugandha Singhal</p> | <p>Sugandha Singhal: She has always been a searcher and a restless person. Born in a middleclass, traditional Marwari family in 1983 in a small town of eastern Uttar Pradesh gave up her chances to search for answers in life and pushed her to live it as per wish of the society. Sugandha teaches Hatha, Yin and Ashtanga Style for more than 1000 hours of teaching 300+ students in Bengaluru.</p> |  |