

8 Steps of Yoga

॥ ॐ नमो भगवते वासुदेवाय ॥

Key to Happy, Healthy
and Prosperous Life.



Learn Practice and Propagate
Ashtanga Yoga

Solution to all
Problems in our Life

Ashtanga Yog Sadhana

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For cultivating good characters (Ram)
we have to totally eliminate
bad characters (Ravan).



वेदान्त मार्गदर्शक

श्रीमद्भगवद्गीता प्रवचनाद्वारे व
अभ्यासवर्गाद्वारे सुखी जीवनाचे मार्गदर्शन



संजीवनी प्राणायाम शिबीराद्वारे
निरोगी जीवनाचे मार्गदर्शन

शेअर बाजार गुंतवणूकीद्वारे
दुय्यम उत्पन्न मिळविण्याचे मार्गदर्शन



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Ashtang Yog Sadhana (AYS) is a technique developed by Shri Patanjali Muni (Great Saint from India) many years back. It is believed that Maharishi Patanjali was the avatar of Adi Shesha - the Infinite Cosmic Serpent upon whom Lord Vishnu rests. He is considered to be the compiler of the Yoga Sutras, along with being the author of a commentary on Panini's Ashtadhyayi, known as Mahabhasya. He is also supposed to be the writer of a work on the ancient Indian medicine system, Ayurveda. It is said that once, while watching a dance by Lord Shiva, Adi Shesha found it unbearable to support the weight of Lord Vishnu. Amazed at this, he asked Lord Vishnu the reason for the same. Lord Vishnu said that this was because of his harmony with Lord Shiva's energy state, owing to the practice of Yoga. Realizing the value and benefits of Yoga, Adi Shesha decided to be born amongst humans as 'Patanjali', to teach them the great art. Yoga Sutras are considered to serve as the basis of the yogic techniques. Maharishi Patanjali, "The Father of Yoga", compiled 195 sutras, which serve as a framework for integrating Yoga into the daily routine and leading an ethical life. The exact date of the compilation of the Yoga Sutras is not known. However, it is believed that they were written somewhere around 200 BC. The core of Patanjali's teachings lies in the eightfold path of yoga. The path shows the way to live a better life through yoga.

It is a systematic way to live happy, peaceful and calm life. Anyone can learn and adapt this wonderful technique in his life by his own practice and get all desired results. We don't have to spend any money to adapt and follow AYS. We cannot buy AYS as it is not an information or science which we learn in

school or college. It is a pure knowledge which we have to learn by heart with total devotion from a teacher. Vedanta Margadarshak shows us a path of success for our life pertaining to Vedanta. Vedanta means Upanishad which is an extract of Vedas, the oldest philosophy from India. We conduct training workshop for AYS for learning and practicing this theory in our day to day life. This book will be useful for the same. We invite you all to attend our workshop on AYS and make your life happy.

I had been to US in May 16 at my son's place. There his office staff requested me to conduct workshop on AYS. This was my 1st AYS workshop in English. Then I thought to write a book on AYS in English and wrote some part of this book in US itself. I was not sure whether I can write in English or not, as I am a Marathi medium student. But I could succeed to some extent and presenting this book to you all. I hope you will understand it. This is my 8th book and 1st book in English. I will now take up job of translating all my books in English for benefits of young generation who cannot read Marathi even though they are born in Marathi family.

8 steps of Ashtang Yog Sadhana

1. Yama: 5 rules of life for social behavior.
2. Niyama: 5 rules of life for personal behavior.
3. Asana: Various exercises for all parts of body to keep us physically fit.
4. Pranayama: Simple breathing technique for rich supply of oxygen to every cell in our body. Thus keeping away our self from deceases.

5. Pratyahara: Technique to keep all our senses away from their subject and concentrate them within the soul.
6. Dharana: To bring and hold God within us and be always with that state.
7. Dhyana: To think only and only about the God and his power.
8. Samadhi: A state of mind full of thoughts of Ishwar with a practice of Dhyana. Mind becomes stable in it.

We have to learn all these steps by heart and follow them under the able guidance of a teacher who is master in AYS. We have to surrender and devote to him on mental as well as physical level to learn AYS which in turn will give us a lot of energy, happiness, health, wealth and everything that we dream in our life. It is very difficult to learn and master AYS. It takes years or even births to learn it. But it is not impossible if one determines to learn AYS by heart and devotion. Once we master it, we can do anything and everything in this world that otherwise we feel impossible.

Yoga means to connect any 2 things together. So Yoga has different meaning with respect to different things and consideration. AYS is a process to connect our body, mind and soul to the great divine power that has created this world. We Indians are very fortunate that the great personality like Shri Patanjali Muni (Muni – one who is always in a stage of chanting by his mind, body and the soul about the divine power of the universe which is actually out of this materialistic world to which we always belong.) has developed AYS to connect our self to divine power

Step 1: Yama

Ahinsa, Satya, Asteya, Brahmacharya and Aparigraha

Step 2: Niyama

Shaucha, Santosh, Tapa, Swadhyaya and Ishwar-Pranidhan
For Yama and Niyama we have published a separate book. So you can refer to that book and understand the importance of the 10 commandments given to us. Yama and Niyama are the base of AYS. So we have to study and understand them completely. We also have to follow them in our day to day life. Without this base we cannot step forward in AYS. It has been told that we are not supposed to start next step unless we completely master the previous one. So with this consideration Yama and Niyama are very important before we start Asana.

Step 3: Asana

Asanas are various postures of our body which are performed under the training of a Teacher. These postures make our body physically fit. It also tones our muscles and improves our personality. There are many Asanas and it is advised to learn them from a Teacher. We can learn Suryanamaskara instead of Asanas. It is a combination of 6 Asanas. It gives exercise to whole body. It is Upasana (worship) of Lord Surya (Sun) who is the God of energy. He provides us all necessary light, energy and power. So if we pray to him daily at a particular time we get all energy that we need. It is advisable to carry out at least 12 Suryanamaskara along with 12 names of Lord Surya.

Step 4: Pranayama

For Pranayama we recommend you to attend our workshop and learn the technique of Sanjeevani Pranayama which is developed by Dr. Shri. Keshav Kshirsagar, Nagpur. He belongs to the tradition of Shri. Janardan Swami, the great Guru of Yoga. SP is a systematic step by step process to breathe in, absorb oxygen in blood and supply it to all cells of our body. It throws away carbon dioxide and other toxins which are exhaled by our cells from our body. This is a very important function of our body as far as physical and mental health is concerned. As all of you know that our body is formed by 37.2 Trillion Cells, it is the most important thing to keep all the cells in a good working condition for health of our body. If any cell or group of cells does not get oxygen in adequate amount, malfunctioning takes place which results into decease in our body. Thus SP is very important in our life.

It is recommended that we should carry out whole process of SP every day. Our stomach should be empty when we are carrying out SP. We should sit on the floor with 3 layers of mats in Sukhasana pose. Our eyes should be closed and backbone, neck and head should be in a straight line. We should concentrate only on the process of SP without having any other thoughts of materialistic world. It is advisable that we carry out SP in a group with a leader. Regular practice of SP can keep decease, doctor, hospitalization completely away and saving our hard earned money totally FREE of cost. We will look young even though our age increases. We will be fresh and enthusiastic throughout the day.

We should begin with 3 prayers before actually starting SP. We have recorded audio track of these prayers which will enable you to learn and render it.

1. shaantaakaaram, bhujagashayanam,
padmanaabham, suresham,
vishwaadhaaram, gagansadrusham,
meghvarnam, shubhaamgam,
laxmikaantam, kamalanayanam,
yogibhirdhyangamyam,
vande vishnum, bhava bhayharam,
sarvlokaikanaatham
2. yambrahma varunendra rudra marutah:
stunvanti divyai: stavai:
veda: sanga padakramopanishadai:
gayanti yam samaga: |
dhyanaavasthita tatgatena manasa
pashyanti yam yogino:
yasyamtam na vidhu sura suragana;
devaya tasmai nama: ||
3. sarvepi sukhin: santu
sarve santu niramaya: |
sarve bhadrani pashyantu
ma kashchid du:khamaptuyat ||

Steps of Sanjeevani Pranayama

Step 1 – Deep Breathing

Inhale for 4 counts (1 count = one second) and exhale for 6 counts so that total breathing time will be 10 seconds. While breathing in, stomach should be stretched out and vice versa. Do it for 5 times. In fact if we try to breathe whole day in this pattern, we will be full of energy and enthusiastic throughout the day.

Step 2 – Sanjeevani Pranayama

In deep breathing, we have to add a pause (Kumbhaka) of 4 counts after breath in and breathe out. Total breathing cycle would be of 18 counts. You have to do it for 12 times. We take birth with preset number of breathing cycles which are set by destiny. Once that number is reached, we die. So if we increase duration of one breathing cycle, automatically our number of days of life will increase. Our ancient holy saints use to breathe in Pranayama consistently. So they used to live more than 100 years, that too in total healthy condition.

The advantage of 1st pause in Sanjeevani Pranayama is that our respiration system gets maximum time to absorb oxygen into the blood and release maximum carbon dioxide. Thus blood with rich oxygen is supplied to cells. Normally we breathe wrongly and with very few counts which results in malfunctioning in purification system in our lungs. This can create various deceases in our body. So we should avoid incorrect breathing. Actually in childhood we know how to

breathe properly as God gives us birth with that training. But when we grow up and cross 15 years of our age we our self-spoil our breathing habit due to some unwanted thoughts that come in our mind.

Advantage of 2nd pause is rest to the respiration system. Whenever there is air in our lungs it has to absorb oxygen and throw carbon dioxide continuously 24 X 7 days, years after year. So pause of 4 counts after we complete exhaling air from our lungs, gives rest to our respiration system.

Advantages of Sanjeevani Pranayama

1. Controls High / Low B.P.
2. You get peace of mind.
3. Reduces rate of heart beats.
4. Reduces pressure on Lungs.
5. Improves Metabolism.
6. Massages to organs in stomach.

Step 3 – Bhasrika (Light, quick and short breathing)

Bhasrika cleans our veins through which blood is transported from heart to cell and back. So there will not be any blockages in our veins if practiced Bhasrika twice a day. This will free you from bypass surgery. For doing Bhasrika you have to breathe in and out very quickly and lightly. There is no deep breathing like in step 1. You have to do 100 repetitions in one minute. There are 9 types of Bhasrika and last one is Anulom Vilom Pranayama. In this we have to breathe out first and then breathe in.

Advantages of Bhasrika:

1. Increases Sympathetic means feeling, showing or expressing sympathy and Parasympathetic means relating to the part of the autonomic nervous system which balances the action of the sympathetic nerves energy.
2. Regularizes gland system.
3. Keeps yourself energetic throughout the day.

Step 4 – Shitali Pranayama (Cooling effect)

Remedy for mouth ulcer and heat related deceases in mouth. For this you have to breathe in by opening the mouth and over your tongue for 4 counts and breath out for 6 counts by closing mouth. You have to do it for 5 times.

Advantages of Shitali Pranayama:

1. Cleans Taste Buds.
2. Cures ulcer of mouth, tongue and lips.
3. Reduces high blood pressure.
4. Reduces blood sugar level.
5. Regulates hunger and thirst.
6. Useful to get rid of different addictions. With this Pranayam many people in America and Canada have stopped habit of smoking and consumption of alcohol.

Step 5 – Sadant Pranayama (For teeth and gums)

This and next Pranayama gives rich supply of oxygen to teeth and gums. Keep your upper teeth on lower teeth and breathe in from the gaps for 4 counts and breathe out for 6 counts by closing mouth. You have to do it for 5 times.

Step 6 – Sitkari Pranayama (For teeth and gums)

Keep your upper teeth on lower teeth and breathe in, in succession for 6 times and take a deep breath for the 7th time and breathe out for 6 counts by closing mouth. You have to do it for 5 times.

Advantages of Sadant and Sitkari Pranayama:

1. It heals all teeth and gums problem.
2. Makes your teeth and gums strong.
3. Reduces the pains due to extreme hot or cold substances.
4. Roots of the teeth get oxygen in sufficient amount.

Step 7 – Ujjai Pranayama

This Pranayam helps you to eliminate habit of snoring. Bring your chin closer to your throat and breathe in and out from throat with a noise. You have to do it for 5 times.

Advantages of Ujjai Pranayama:

1. Stops snoring.
2. Prevents children from bed wetting.
3. Prevents for heart trouble.
4. Balances the fluid in ear and eyes.
5. Prevents prostate gland deceases.
6. Controls emission activities.

Step 8 – Bhramari Pranayama (For head and brain)

Bhramar means bees. We have to take deep breath and breathe out by making sounds like the bees. This creates vibrations in mouth and head. It balances fluid in brain and improves its functioning. If you feel impatient, unbalance, fear or any such

psychological disorder do Bhramari and you will feel better. You have to do Bhramari for 3 times. Shanmukhi Mudra is a special pose of our fingers. By applying that pose you have to do Bhramari for 2 times. This pose transmits vibration generated in Bhramari to our face by which different pressure points get activated.

Advantages of Bhramari Pranayama:

1. Prevents from thyroid disease.
2. Prevents from mental and emotional tensions caused by blood pressure, diabetes, heart trouble, failure and waiting.
3. Useful for peace of mind.
4. Your mind is placed in your soul.

Step 9 – Kapal Bhati

We throw away excess energy absorbed in our body during whole Pranayama process through Kapal Bhati. You have to inhale deeply and then exhale in succession without inhaling in between. You have to do 100 counts or maximum counts that you can do in one breath. You have to do it 2 times.

Advantages of Kapal Bhati:

1. Prevents migraine, asthma, blood pressure, diabetes, heart trouble, X-syndrome and disturbances of mind.
2. Prevents mental tensions.
3. Massages to organs in stomach.
4. Gives rest to heart and lung.

Step 10 – Yoga Mudra – Type 1

Sit in Padmasana or Vajrasana if you can. Hold the hands in

folded form near your stomach. Take a deep breath and hold it till you feel comfortable. Count the time for which you can hold. Then breathe out very slowly. Do it for 2 times. This process absorbs maximum amount of oxygen from air and exhales maximum CO2 from our body. So we get rich supply of oxygen and our body and mind becomes fresh.

Yoga Mudra – Type 2

Sit in Padmasana or Vajrasana. Stretch hands behind and do same Yoga Mudra. Do it for 2 times.

Advantages of Yoga Mudra:

1. Prevents diabetes and prostate gland disease.
2. Useful for ladies in their periodic problems.
3. Second type is useful for angina and pectoris problems.

Step 11 – Sapt Omkar (7 Omkar)

Omkarsadhana is a very important part of our life. Pranav Omkar is the Monarch of The Mantras. It is considered as the symbol or representation of the individual soul. It is the base of our philosophy and we believe that this world is created out of Omkar. So if we practice Omkar Sadhana daily we get lot of energy. We also believe that there are 7 Chakras in our body.

1. Muladhar Chakra
2. Swadhishtan Chakra
3. Manipur Chakra
4. Anahat Chakra
5. Vishuddha Chakra
6. Adnya Chakra
7. Sahastrar Chakra

We have to render Omkar like O for 4 counts and M for 6 counts. First 5 Omkara are audible. In 6th Omkar we have to make action of Om but no sound. In 7th Omkar we have to render Omkar silently without any sound or action. Just concentrate on back side of our head. With this process our mind will be rejuvenated and we will feel fresh throughout the day.

At the end of Pranayama we have to render a prayer

Om purnmad purmidam purnat purnmudachyate |
Purnasya purnmaday purnmevavshishyate ||
Om shanti shanti shanti |

Thus Sanjeevani Pranayam is Preventive, Curative and Rehabilitative. If we practice it regularly we will live a long healthy life. Second and most important advantage is it will keep doctor away and will save lot of money, time and energy of our family that we spend when someone is ill in our house. So in turn we will be healthy, wealthy and wise with the help of Sanjeevani Pranayam.

5. Pratyahara

Pratyahara means all our senses withdraw from their respective subject. In other way we concentrate within us and try to find Ishwar in our heart. It is like tortoise drawing in its limb, the wise man can draw their senses at his own will. This gives stability to his mind. Many people may stop taking subject through their senses but they are still attached with the subject. Due to this attachment that person's mind

is forcibly carried away to subject. So keeping our senses in control and concentrating on God with meditation is the best way to achieve Pratyahara. Pratyahara is composed of 2 Sanskrit words Prati and Ahara. Here ahara is the food for various senses and prati means against or away. So being against or away of food to all senses is Pratyahara. You may give only right and necessary food. This frees your mind to do further Sadhana.

Now a days we are heavily occupied with things like television, radio, internet, advertising, hotels, clubs and cinema. These things attract our senses and we spend much more time in it. Of course we have to use some of them but not all. So keeping all such things away is part of Pratyahara. Pratyahara is last step of 1st part of AYS which is called external quest of Yoga. But it is a very important step as without that the next 3 steps of internal quest of Yoga cannot be complete. But one may take long time to master Pratyahara. But as told in 6th chapter of Geeta if you keep on practising everyday one can master in it.

6. Dhaarana

Dhaarana means to hold within us. It is in the form of collection and concentration of mind. It is an act of holding, bearing, wearing, supporting, maintaining, retaining, memorizing, firmness and steadfastness. Dhaarana is holding steadily, concentration and focus the mind which we have withdrawn from our senses and subject in Pratyahara. Dhaarana builds further upon this by refining it to Ekagrata or Ekagra Chitta that is single pointed concentration and focus. Dhaarana is thinking of one object and avoiding other thoughts.

Now in all this process it is Ishwar to whom we have to hold in our mind. We have to just think of him all the time and bring him within us. With the help of this step we can further do the Dhyana of him. For Dhaarana, we have to continuously conduct following activity. Shravana – listen about him, Kirtana – tell story with song, Namsmarana – chant his name constantly, Padsevan – to serve your teacher, Archana – to worship of Ishwar in systematic way, Vandana – to do namaskar to saints, sadhus, Acharya and god, Dasya – to work for god and temple, Sakhya – to become friend with god and Atmnivedan – to recognize Brahma and become homogenous with it. These are nine ways by which we can hold Ishwar in us. Without this step Dhyana is not possible.

Dharana is about fixing the mind to one specific point. One should concentrate on some object for the purpose to quiet the mind. When we concentrate on one point it stops other thoughts, memories and planning in which our mind is busy. By way of Dhaarana we should be able to concentrate on mind before we move to further steps of AYS. The last 3 steps of AYS are much interconnected. These 3 steps are part of internal Sadhana, state of mind and they are independent from physical senses. For Dhaarana we should be in a comfortable sited position. We close our eyes and start concentrating on something within us. Allow our mind to roam around in a restricted area. We may start with wider area and go on restricting it. Start by concentrating one thing at a time. When we are eating just eat and don't read or watch TV. When we are walking just walk and don't talk on phone or check the messages. Instead of just browsing through magazines or

internet read some substantial material in which our mind will get focused on it. In short just doing the thing that we are doing will start practicing Dhaarana in your life.

With the help of Dhaarana our mind gets peaceful. We strengthen the mind by focusing on one area. It improves overall concentration on all other general areas. Dhaarana helps us to become more aware of our mind throughout the day. In case if we are feeling emotionally low in our life, it can help to balance these feelings and we can find place of rest.

7. Dhyana

Dhyana means to think of somebody or something. Dhyana involves concentration and meditation for knowing the truth about the Eshwar. It is deeper concentration of mind gives us self-knowledge and eventually we can reach ultimate goal of AYS that is Samadhi. For this we need to sit in a Sthir Sukhamasanm having you backbone, neck and head in a straight line. Close your eyes. Try to remove all thoughts from your mind and concentrate on your soul.

For regular AYS practitioner like you and me this is a very harder and difficult step. Even all steps from Pratyahara and onwards are very difficult for a man who is engaged in material world. We practice AYS to feel good, to keep our self-healthy and to find movements of peace in hectic days. So our purpose can be served in first 4 steps of AYS. But we should try for next 4 steps also. As it is the ultimate aim of AYS. In that Dhyana is a big mile stone which one should practise. We should not get discouraged by the difficulty that we face in Dhyana. According to AYS the purpose of meditation is to interrupt the fluctuations

of the normal mental activity such as sensory knowledge, memory and imagination. Out of this, memory is the hardest one to quiet, as it incessantly feeds us the glimpses of the past along with an endless stream of thoughts and feelings.

In Dhyana we focus our mind on a particular object and practise dissolving oneself in it. We can pick any object like part of body, a chakra, a person, or a beautiful flower and just try to focus on it. Then we have to prepare physical part of meditation, which is the solid foundation. We should sit in a comfortable position or stand along with the wall. Do not sit in an Asana in which we are not comfortable for long time. Be in a quiet place without any interruptions. Initially practise only for 5 to 10 minutes until you are comfortable about it.

Benefits of Dhyana are for both the body and the mind. It releases stress from our body. Our mind will feel calmer. We will feel more at ease in our life, more peace of mind in our day today activities. As we listen more to ourselves, we become more aware of whom we actually are. This is the goal that we can achieve by Dhyana

8. Samadhi

In first 7 steps we have learned to deal with ourselves and we have removed external stimuli, focus our mind and meditate, we are getting ready for the highest state of consciousness. That state is called Samadhi. It cannot be expressed in words; one has to try to experience on his own.

Samadhi is the state where individual awareness dissolves into the great whole. It is a state of enlightenment. Samadhi is not a permanent state. It takes dedication and efforts, and a person

must be willing to train the mind and go deep inside.

You will think that it is too far to even try in our daily life. But it is not necessary to move to some Ashrama for trying Samadhi. We can live our life unfold, and start to recognize this pure spirit in oneself, in everyone and everything around us. You agree that as you are a soul which is a part of this universe, others have also same soul. It is for all people we like and people we don't like and also for all animals around us. Samadhi is a connection that one has to feel intensely.

Finally Samadhi is essence of our life so we don't have to learn it as something new, instead we will need to take off layers, unlearn and find our way back.

This is step by step journey of Ashtang Yog Sadhana. It is not possible to achieve all steps in one birth. In our Hindu culture we assume that every animal and person takes rebirth every time when he dies. It is believed that we get birth of a human to learn the technique of Moksha which is way to reach God and is ultimate aim of any human being. This technique is told in our Vedas, Upanishad, Brahmsutra and Shrimadbhagvadgeeta. So we have to study these literatures and get that knowledge step by step and births after birth. In Geeta it is told that if we die while getting this knowledge we start exactly from same point in next birth where we left it in last birth. Ashatang Yoga is one of the major activities in the journey towards Moksha. So one should learn it by heart, follow it by consistency, belief and worship and propagate to maximum number of people so that they can also become Happy, Healthy and Properous.

Our Publications

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| 6. Baburao Joshi - Upashastriy Sangeet | |

Introduction of Writer

Nitin Shripad Joshi is born on 06/11/1964 at 02:46 AM Kolhapur, and living in Pune since 1970.

He is Mechanical Engineer having a Mechanical Industry engaged in Manufacturing, Fabrication and Project work for L&T, R&D, Tata Motors, Bharat Forge and Nichrome India Ltd.

He is Software engineer having developed software for stock market which can be used by common investor for taking Buy / Sell decisions in market. He also gives complete training for trading and investment. He is a regular trader and investor in stock market and MF.

He is running a preprimary school and crèche with his wife Gauri.

He is also having a publication institution by which he has published many books and CDs.

He gives lecture on different topics which are useful for day today life. He conducts workshop on Ashtang Yog Sadhana.

He is Numerologist and can tell good and bad character in you as per your birth date.

He gives consultancy for problem in day to day life and for weight loss / gain by natural ways.

He is music arranger and can play various musical instruments. He loves Bollywood Dancing. He is Trekker and completed an Expedition in Himalaya at a peak of 17100 Ft height.