

Yogaguru Dr. Neha Vasisht

PhD | Author

President, Women Health Research Foundation Trust

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Yogaguru Dr. Neha Vasisht is one of the founding members of the Women Health Research Foundation (Trust), and The Yogaguru Institute. The Yogaguru currently operates yoga studios in Delhi and Noida. At The Yogaguru, she conducts yoga therapy for chronic disease management, power yoga for fitness, and corporate yoga for stress management. Under the banner of the Women Health Research Foundation, Neha ji conducts women's health programs (addressing issues such as infertility, PCOD, PCOS, fibroids, hormonal imbalances, menopause, etc.), pregnancy yoga for expecting mothers, postnatal yoga for new mothers, and provides comprehensive solutions for women's health.

She has been working full-time in this field since 2004, after completing a 3-year NDDY (Doctor's Degree in Naturopathy & Yoga) program. She is a Grand Master in Reiki and Pranic Healing. She loves teaching and is dedicated to helping people achieve holistic wellness through yoga.



Academic Qualifications:

- PhD in “Infertility & Pregnancy”
- MA in Science of Living, Yoga, and Meditation (2005-2007)
- Diploma in Yoga and Naturopathy (NDDY) (2003-2005)
- Graduation from Delhi University (2003)



Other Professional Training:

- Reiki Master
- Preksha Meditation from Adhyatma Sadhana Kendra, Delhi
- Certificate Course in Yoga from National Institute of Open Schooling, (Dept. of Education, MHRD, Govt. of India)

Specialized Works:

Currently, she is writing a book titled “Infertility: A Solved Mystery,” which covers all branches of female and male infertility along with their natural treatments. She regularly conducts specialized programs on pregnancy yoga at Fortis Hospital Noida, Apollo Hospital Delhi, Batra Hospital Delhi, and Neelkanth Hospital Gurgaon. She is associated as a yoga expert with Stem Cells India and Life Cells India.

Work Experience:

She teaches yoga at the Russian Cultural Centre Delhi, Sec. 15A Club Noida, Radisson Hotel (Noida), Patanjali Yogpeeth (Haridwar), and Fortis Hospital (Delhi & Noida). She is the publisher of a magazine named ‘YOGAGURU (A Wellness Magazine)’ and ‘Ojaswini (E-Magazine)’, where she contributes articles on the application of yoga in pregnancy.





Case Studies:

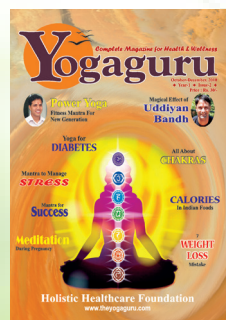
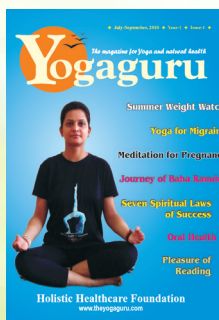
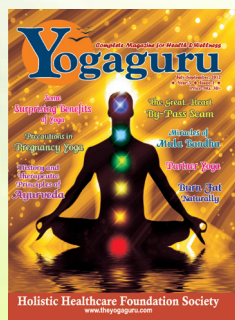
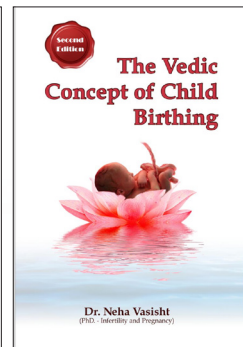
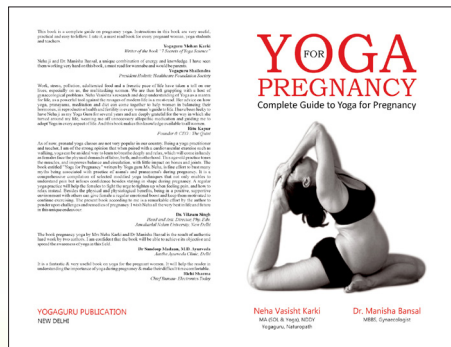
She has successfully guided numerous patients with infertility through yoga and achieved positive results. She has treated many chronic patients with conditions such as diabetes, asthma, high blood pressure, PCOD, PCOS, UTI, thyroid problems, migraine, and arthritis.

Participation in Seminars & Conferences:

She has actively attended and participated in various seminars, conferences, and conventions on yoga, naturopathy, moral education, holistic health, health and fitness, lifestyle management, meditation, etc., as she believes in spreading awareness through mass participation. She is a member of the International Naturopathy Organization and the World Academy of Spiritual Sciences.

Books & Publications:

- “Yogaguru Magazine”
- “Ojaswini e-Magazine”
- “Yoga For Pregnancy (Complete Guide to Yoga for Pregnancy)”
- “Garbh Sanskar: The Vedic Concept of Child Birthing”,
- “Garbhawastha Me Yog”





About The Yogaguru Institute

The Yogaguru is an Authentic Yoga School Established in 2007 to conduct yoga classes, yoga teacher training and holistic wellness workshops at National and International level. We have trained over 2000 yoga teachers who are yoga teaching globally. Our institute has multiple yoga centers across India and other countries viz USA, Canada, Argentina, Nepal, and Dubai.

We are associated with Yoga Alliance USA, Yoga Alliance International, Jain Vishwa Bharati University, Patanjali Yogpeeth, Ministry of Ayush and Indian Yoga Association to name a few. We have published dozens of books on Yoga , Naturopathy, Holistic Wellness and Pregnancy Yoga which are launched by Swami Ramdev, Acharya Balkrishna, Manish Koirala, Dr Mahesh Sharma etc.

We conduct BA Yoga, MA Yoga, Yoga Teachers Training RYT200, RYT300, RYT500, RYT800 as well as Pregnancy Yoga and Garbha Sanskar Teacher Training with national and International certification.



About the WHRF Trust

With a mission and vision to serve humanity, Women Health Research Foundation Trust was established in 2017. Recognised by the Government of India, founded by Yoga Guru Dr Neha Vasisht, who is a pregnancy yoga expert and author of several books on Yoga. WHRF is a trust working for the betterment of women in every sphere of life, academics, health, social and cultural; making them aware and confident to stand for themselves by feeling empowered to achieve their aspirations.

For which Trust is providing education and employment to those who need help as Yoga professionals. Hundreds of Infertile couples got children in their family by the treatment prescribed by Yoga Guru Dr Neha ji. Several patients suffering from PCOD, PCOS, UTI, Uterine Fibroids and other hormonal problems got yogic solutions and recovered.

Dr Neha Vasisht's unwavering endeavour along with her vibrant team members, has conducted several workshops on women's health awareness and management, in rural as well as urban India. We have done these projects in collaboration with hospitals viz fortis hospital, Apollo Hospital, Batra Hospital, Neelkanth Hospital, etc and also with Colleges, Schools and NGOs in NCR region.