



# Yoga With Uday

I am Uday Kumar Saama, a passionate yoga instructor with an MSc in Yoga and UGC NET qualification, Diploma in Yoga Science from Morarji Desai National Institute of Yoga, YCB certified as Yoga Teacher & Evaluator. My journey in yoga has been diverse and enriching, having served as the first Teacher of Indian Culture at the ICC in Tel Aviv and taught at prestigious institutions like Potti Sreeramulu Telugu University and SVPNPA.

Currently, I am pursuing a Ph.D. in Yoga Technology at IIT Hyderabad, where I am delving into innovative research in the field. My expertise encompasses traditional yoga practices and specialized forms such as Astanga Vinyasa. I am also learning Iyengar Yoga under the guidance of senior teacher Zarna Mohan, reflecting my commitment to continuous learning and growth.



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# 2023-2024



I am a research scholar at IIT Hyderabad, focusing on the neural correlations of yoga.

Additionally, I am an active member of the Yoga and Meditation Club at IIT Hyderabad, where I teach yoga to the campus community. On weekends, I serve as a guest faculty member at Potti Sreeramulu Telugu University, conducting both theoretical and practical classes for Post Graduate Diploma in Yoga (PGDY) students..

# 2022-2024



In the academic year 2022-2023, I served as the course coordinator for the PG Diploma in Yoga at Potti Sreeramulu Telugu University, guiding 55 students through a comprehensive curriculum. As part of my commitment to spreading the benefits of yoga, I also visited government schools to teach yoga, promoting health and wellness among young students.

# 2020-2022



# 2020-2022

From 2020 to 2022, I was deployed by the Government of India as a Teacher of Indian Culture at the Embassy of India in Tel Aviv, Israel. During this time, I navigated the challenges of the COVID-19 pandemic by conducting online yoga classes, reaching hundreds of participants globally. I actively engaged with the Indian Cultural Center and collaborated with the Tel Aviv Municipality to provide yoga instruction to the Indian diaspora. Additionally, I conducted yoga workshops in various cities across Israel, connecting with thousands of people and promoting Yoga and Indian Culture. I played a significant role in teaching the Common Yoga Protocol for the 7th and 8th International Day of Yoga, events that were celebrated with great enthusiasm. My efforts were recognized through an interview on Israeli television, where I discussed the benefits of yoga. The 8th International Yoga Day event was also broadcasted on Doordarshan television, highlighting the widespread impact of my work.

# 2019-2020



During the 2019-2020 period, I had the privilege of working at CGR International School, where I taught yoga to school children, an experience that was both enriching and rewarding. Additionally, I trained employees at MEIL (Mega Engineering Infrastructure Limited), helping them integrate wellness practices into their routines. Amidst the challenges of the COVID-19 pandemic, I adapted by conducting online yoga classes, reaching students not only across India but also internationally, which expanded my teaching horizons and brought a unique global perspective to my work.

# 2018-2019



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During the 2018-19 period, I worked at Kendriya Vidyalaya CRPF, where I honed my teaching skills in a structured environment. Concurrently, I conducted private and group classes at a community center, which allowed me to engage with diverse learning needs and enhance my adaptability. This experience provided me with a rich blend of formal and informal teaching contexts, fostering my growth as an educator and significantly broadening my pedagogical perspective.

# 2017-2018



During 2017-2018, I had the privilege of working at the National Police Academy, where I trained senior IPS officers and faculty members. This role provided me with a remarkable opportunity to engage with high-ranking professionals, enhancing my understanding of advanced training methodologies and leadership development. I played a key role in developing tailored training modules, fostering a dynamic learning environment, and contributing to the professional growth of senior law enforcement officials. This experience significantly broadened my expertise and deepened my commitment to impactful education and training.

# 2016-2017



In 2016, the Government of India deployed me as a yoga teacher to the High Commission of India in Nairobi for the second International Day of Yoga. This opportunity marked my first international assignment, where I demonstrated yoga in front of an audience of 7,000 people, promoting the benefits of yoga to a diverse and enthusiastic crowd. Engaging with the global community in Nairobi not only enhanced my teaching skills but also broadened my cultural horizons. It was a transformative experience that underscored the universal appeal of yoga and enriched my professional journey by enabling me to represent India on an international platform.

# 2014-2016



In 2015, I graduated from the Morarji Desai National Institute of Yoga, which marked the beginning of my professional journey in the field of yoga. I volunteered for the first International Day of Yoga (IDY), an experience that laid the foundation for my future endeavors. I received the QCI (now YCB) Teacher and Evaluator certificate from the Honorable Home Minister, Shri Rajnath Singh, a significant recognition of my skills and dedication. During this time, I conducted home classes in South Delhi and Karol Bagh, helping individuals incorporate yoga into their daily lives. Additionally, I actively participated in Yoga Week at MDNIY and various workshops, which further enriched my knowledge and expertise in yoga practice and instruction.