

Prof. Dr. Ganesh Shankar

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Born on the 11th of February 1958 in Khurja (Uttar Pradesh, India),

Ganesh Shankar started his career with studying Physical Education, Gymnastics, Indigenous physical activities, Ayurveda and Yoga Psychotherapy at Punjabi University, Patiala-Punjab where he also achieved his Doctorate Degree in 1987.

Afterwards, he studied Indian and western Philosophy and achieved his D.Litt degree in Yoga Philosophy in 1997.

Since 1979 Ganesh Shankar is working as a Yoga Therapist; he is trained in Yoga Psychotherapy, Meditation and different schools of Yoga like Hatha Yoga, Raj Yoga and Gyana Yoga. Furthermore he is a Yoga Expert/Therapist for individuals and groups since 1982. He is also awarded **Yoga Bhushan** during World Yoga Congress in 1987 in Delhi and **The World Certificate of Psychotherapy (WCP)** in 2007 at Ekaterinburg Russia

Ganesh Shankar has been engaged in many national and international research and educational projects and cooperation. He has been teaching Yoga Psychotherapists in training at various levels, from different quarters and on many occasions for over 30 years. At present, he is Professor, HOD and Dean in the School of Educational Studies at Dr. Harisingh Gour University, Sagar-Madhya Pradesh-India which is central university of the Ministry of Human Resource Development (HRD), Govt. of India. New Delhi. He also served as Director of the Central Council for Research In Yoga and Naturopathy, Department of AYUSH Govt. Of India, New Delhi in 2002-03

Ganesh Shankar is also the founder/ First President of Asian Federation for Psychotherapy (AFP) in 2001 in Kunming-China and organized 1st International Conference at Sagar in India in 2003.

He is a founding member and vice-president of the World Council for Psychotherapy, as well as a founding member and general secretary of the Yoga and Psychotherapy Association of India (YPAI). He further organized 4 more international conferences in India- 2005 at Haridwar, 2007 at Sagar, 2010 at Chandigarh and 2012 at Delhi.

He is an active editor and author of various books, book series and professional articles in journals and textbooks on Yoga, Psychotherapy and allied sciences.

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