

Dr. ALV Kumar

Dr. Kumar is widely recognised as an inspirational leader, trainer of yoga teacher trainers and yoga teachers, an award winning scientist and renowned yogi. He began his yoga journey at the age of 11 years and attended more than 37 traditions of Hatha yoga and 50 traditions of meditation (Raja yoga) practices.

Dr. Kumar is a scientist and holds PhD in Yoga & Phyto chemistry. Also, he is a trained Merck pharmaceuticals and nutraceuticals formulation specialist. He is the first person from NFC to get Homi.J.Bhabha Science and Technology Award for his innovations in nuclear science and technology.

Dr. Kumar suffered multiple fractures in his lower spine, hip bones, and pelvic bones, and lost control over his lower torso when he had a road accident in 1992. His urethra was ruptured and he underwent complete Urethroplasty. He was told that he would not be able to have children and may not walk again. After a year of experiencing no progress, he began practicing yoga and started treating himself. After two years of practice, he could run, perform all asanas and also had his first child in 1994.

This was a turning point for him and decided to devote his time besides his work to promote correct understanding of the traditional methods of yoga. This includes all well-known physical yoga practices such as Pattabhi Jois, B.K.S. Iyengar, Krishnamacharya, Satyananda Saraswati, Vishnudevananda Saraswati, etc., and mind fitness programs in Hindu, Tibetan and Theravada traditions at deeper level with science based approach for quicker progress. His teachings include mantra to highest level mindfulness culminating in self realisation, actualisation or singularity. His teachings are not only limited to yoga and meditation but he has authority in science based functional and performance based nutraceuticals both macro and micro nutrition. He practices preventive and therapeutic nutrition dealing with phytoextracts to nutrigenomics and peptide based solutions for gene related problems.

Basically, he teaches scientific way of living for total health. He makes one realise and live with absolute scientific standards dawn to dusk. He strongly believes in perception based living is the root cause of any problem at physical and mental level.

Dr. Kumar is also a practitioner and teacher of Kayachikitsa. Kayachikitsa is an ancient science focused on the treatment of physical mental illness. He is one of only three people in the world to have been trained and currently practice in this particular system.

Dr. Kumar leads intensive training selflessly in Raja yoga theory as per Yoga Shastras and Yoga Sanhitha given by Yajnavalkya and later which is given as Ashtanga Yoga or Yoga Darshana practice as described by Patanjali leading to profound insight and liberation. He takes three residential courses in a year besides his regular yoga classes throughout the year. As per the traditional gurus as honorary volunteer, he takes one 10 day course in London, 10 day course in India in summer and 15 day course for international and Indian students.

He is a honorary experienced consultant trainer at reputed Yoga Campus and yoga research centre in London. He has been learning and teaching yoga selflessly for last 45 years. He has been active honorary trainer of the trainers of yoga at international level for last 15 years. His wisdom and knowledge came in living and learning from different ashrams, ancient traditions and from different teachers gives him authority in the teaching of physical and mind training practices of yoga.

He was specially invited by United Nations and ILO at Geneva for International Yoga Day on popular demand by European Yoga teachers in 2017 and 2018. And, he also got invited to deliver lectures at many places in UK, Korea, Geneva, etc. He delivered lectures at Oxfords Brooks University, Bath's Royal Society of sciences, London school of business, School of Medicine Daegu-Korea, etc.

To guide us through the challenging COVID period, Dr.Kumar has been conducted free online classes during the lockdown period. All those videos are open for public all over the world on YouTube/traditional yoga channel.

All the yoga activities he carryout during his free time i.e. early in morning from 5:00 to 7:00 AM not hampering his professional carrier. On professional front his contributions are well known in NFC.