

About BEENU RAJPOOT

Beenu Rajpoot is a renowned Indian filmmaker, known for her documentary films, lives in Delhi. She is a multi-talented personality, an intelligent film maker, a story-teller, well known researcher and philosophical thinker, has written two books on Photography and filming, writes many journal & articles for several institutes & newspapers. She is a qualified filmmaker and also postgraduate in philosophy.

Biography

Beenu Rajpoot born on 31 August in Talwara, Punjab. She finished her graduation in 1997 from Hans Raj Mahila Maha Vidayla Jalandhar and did Masters in Philosophy from Punjab University Chandigarh in 1999. After that she came to Delhi and settled down here.

Work

Beenu Rajpoot is a documentary film maker in Indian Cinema. She won many awards in documentary films. Most of her films are based on Indian Art & Culture and literature with a thought-provoking message to society. In order to preserve these elements, sensible and knowledgeable films could do miracles. She has worked with many superstars of Bollywood actors/cricketers/other respected dignitaries like Dharmender Deol, Akshay Kumar, Ranjit Singh, Late Tom Alter, Gautam Ghambhir & many more.

List of Documentary Films

- ❖ Born to Dance: A glimpse into the life of dancer – 2016 (Award winning film)
- ❖ Mera Safer: Ali Sardar Jafri – 2016
- ❖ Banaras: The Sacred city of world
- ❖ Wall of Valour: A tribute to Martyrs – 2017 (Award winning film)
- ❖ Banaras: Ka'abe-e-Hindostan: Ghalib's Ode to Banaras – 2017 (Award winning film)
- ❖ Mapping Kathak Villages: Kathik Log to Kathak Dance – 2018
- ❖ Kathak Log of Kathak Villages – 2022
- ❖ Beyond Belief: The Real Mythbusters
- ❖ Jai Hind: A Slogan of Pride
- ❖ Oneness – The Nature is speaking
- ❖ Suraan Di Malika: Surinder Kaur
- ❖ Shiv Vivaha – A cosmic wedding
- ❖ Dancing Wheels: A Conversation of Body, Mind & Soul
- ❖ Lama Mani – The Story Tellers in Art
- ❖ BRU Rehangs: A Tribal community of Tripura

- ❖ Lasaya Lakshmi: Bharti Shivaji
- ❖ Main Hindi Hoon: A Journey of Hindi language
- ❖ Master of Masters: Pt. Birju Maharaj
- ❖ Flying without Sight – Preeti Monga
- ❖ Sharon Lowen: The Perfection of Style & Grace
- ❖ Panchamahabhutas – Ayurveda & 5 elements
- ❖ YOGA – The Art of Breathing

Fitness Enthusiast

Beenu Rajpoot is **Fitness Enthusiast** and fitness lover. She is FIT INDIA CHAMPION in FIT INDIA Movement of Sport Authority of India (SAI), Govt. of India. Fit India Movement was launched on 29th August, 2019 by Honorable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle.

Beenu Rajpoot believes that, ***“Physical fitness is the first requisite of happiness”***. Health is wealth & good health is not something we can buy. However, it can be an extremely valuable savings account. Therefore to keep the body in good health is a duty.

To promote fitness on a mass level she launched the fitness platform under the banner “RUN for lives” in 2021. www.runforlives.com

Under Beenu Rajpoot Films banner we have done many Sports event to promote fitness on ground level.

Traditional Qualifications

Beenu Rajpoot also believes in the traditional way of healthy living like ***“Yoga and Ayurveda”***. To understand them in a better way, she has taken proper education from reputed Institutions of India.

“Ayurveda is the science and yoga is the practice of science.”

Yoga and Ayurveda are two interrelated branches of the same great tree of Vedic knowledge that encompasses all of human life and the entire universe. Both are inseparable and based upon the principles of trigunas (sattva, rajas and tamas) and the panchamahabhutas (earth, air, fire, water, space). Yoga and Ayurveda also encompass an understanding of how the body works (Dosha-Dhatu-Mala/humor-tissue-waste material theory) and the effect that food and medicines have on the body (Rasa-Veerya-Vipaka/taste-energy-post digestive effect concept). Both of these sciences have eight branches: Ashtanga yoga and Ashtanga ayurveda.

She always says, “What a great pleasure it is that Yogic practice, which forms part of our Indian culture, has gained recognition and respect not only in our own country, but in western countries as well. We know from various scriptures, puranas, Vedas and legends that the science of yoga has been in existence in India since time immemorial”.

She has done;

- Certificate Course in Yoga for Protocol Instructor (**CCYPI**) from Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India, New Delhi, India.
- Masters in YOGA from Utrakhand Open University.
- Short course in Samkhya Philosophy from Kaivalyadhama, Lonavala Maharashtra.
- Certificate Course in Ayurvedic Food and Nutrition from Uttarakhand, University.
- One year course in Principles of Ayurveda, from Kaivalyadhama, Lonavala Maharashtra

Social Activist

She is renowned filmmaker but she is been working for a cause from last one and half decades in NGOs. Our country has a rich tradition of culture. India is known for its varied culture which is distinctive from each other. India is a land of diversity in culture, region, religion and language which has influenced the nation's art as well. A huge portion of Indian artworks are influenced by different religions and cultures of the nation. Paintings, architecture, folk dance and other art forms are also influenced by culture and religion. She always promotes Indian Art & Culture and literature.

- ❖ In the year 2019 she formed a society named “**AGRIMAA Society of Arts**” in Delhi (www.agrimaasocietyofarts.org) and “**Precious Planet Charitable Trust (PPCT), Delhi**” (<http://www.preciousplanetindia.org/>)

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