

# CURRICULUM VITAE

## Personal Details:

**Name:** Dr. Sanyogita

**Date of Birth:** 30.06.1989

**Languages Known:** Hindi, English, Sanskrit

**Marital Status:** Married

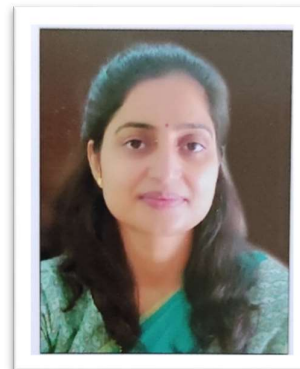
**Father's Name:** Shri Sansar Singh

**Mother's Name:** Smt. Vilma Devi

**Address for Correspondence:** C/0 Mr. Jeet Singh Dhillon, House number 756, Opposite Dena Bank, New Ram Nagar Colony, Jwalapur, Haridwar.

**E-mail -Id:** [sanyogita1008@gmail.com](mailto:sanyogita1008@gmail.com), sanyogita@gkv.ac.in

**Contact number:** 7895388337



## Objective:

According to the principles of "**Arya Samaj**," my aim is to work in a meaningful and challenging position that enables me to develop myself as a professional and permits scope for advancement.

## Educational Degrees:

1. Cleared University Grants Commission- Net Eligibility Test (2018).
2. Ph.d in yoga science from Uttarakhand Sanskrit University, Haridwar in the year 2016. Thesis title: "*Vedik Sahitya Me Yog Evam PanchkoshSadhna:ekAnushelan*".
3. MA (Education) from Uttarakhand open university in the year 2013-14 with 65.88%
4. MA in Yoga Science from Patanjali University, Haridwar in the year 2012 with 67.33%
5. BA from Kumaun University, Nainital in the year 2012 with 59.13%
6. Class XII from Uttarakhand Board in the year 2007 with 62.8%
7. Class X from Uttaranchal Board in the year 2005 with 59.16%

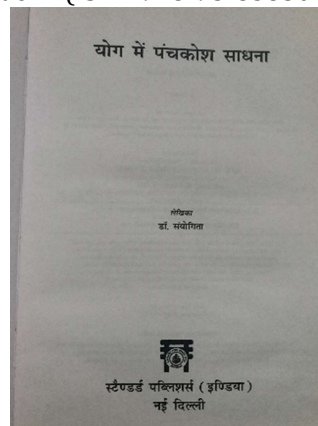
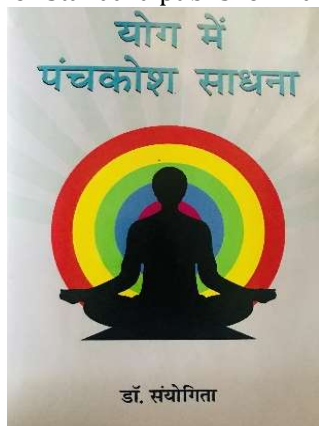
## Professional Experience:

- **Assistant Professor** at Department of Yoga, Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar, 249404, Uttarakhand. (2016~2021).
- **Assistant Professor** at Department of Yoga, Kanya Gurukul Mahavidyalaya, Dehradun, 248001, Uttarakhand. (2021~Present).

## Research Papers in Refereed/Scopus Indexed/UGC Approved Journals/Books:

1. "**Moksha Ka Swaroop**", Arsh Jyoti, Ank-91, November 2014: 33-35. (ISSN: 2278:0912)
2. "**Panch-Kosha Ki Avdharna**", Shodh-Prajya, December 2015: 133-141. (ISSN: 2347-9892)
3. "**Dhyan Yoga aur MansikSwasthya**", Shodh- Prajya, January 2015: 137-140. (ISSN: 2347-9892)
4. "**VartmanSamasyaen Aur Yam-Niyam Ki Bhumika**", Arsh Jyoti, Ank-95, April 2016:21-27. (ISSN: 2278:0912)
5. "**Vedic Yoga- Siddhiyan**", GurukulaPatrika, Vol.68, 1&2, July-Sept. Oct-Dec. 2016: 86-89. (ISSN: 0976-8017).
6. "**Vedo Me YogVidhya**", GurukulPatrika, (ISSN:0976-8017).

7. **"Maharshi Patanjali Prokt Yam Yogaang Kee SaamaajikVikaas Mein Bhoomika"**, Gurukul Patrika, Vol:73/03, Jan~Mar 2022, (ISSN:0976-8017, UGC-CARE Listed)
8. **Book: -"Yog Me Panchkoshsadhna"** Author Dr Sanyogita, Published by Mohindra k vashistha for Standard publisher india, Newdelhi (ISBN:978-93-85830-33-4).



### Seminars/Conferences/Workshops Attended:

1. **Paper on 'Vedic Yoga Sidhiya'** in the National Conference on Yoga for Wellness in Life on 9-11 March 2015.
2. **Paper on "Dhyan Yoga mein Mansika Swasthya ki Prapti"** in the National Seminar on Vaishvik Gyan Vigyan ke pariprekshya mein Vedon Ki Prasangikta organized by Department of Veda, Gurukula Kangri Vishwavidyalaya, Haridwar and Maharishi Sandipani Rashtriya Ved Vidya Pratishthan, Ujjain from 13-15 March 2015.
3. **Paper on 'Pranayam ki Abdharna'** in the International Conference on Yoga and Holistic Health on 12-13 March 2016 at Hotel Golden Tulip, Haridwar, UK.
4. **Paper on "Vishva-Shanti mein Yam Niyam ki Bhumika"** in the National Seminar on World Peace and Harmony through Yoga organized by the Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar and Patanjali Yogadham Trust, Jwalapur from 02-03 April, 2016.
5. **Paper on "Vigyanmaya Kosha evamBudhitatva"** in 48<sup>th</sup> Session of All India Oriental Conference, Haridwar organized by Uttarakhand Sanskrit University and University of Patanjali from 12<sup>th</sup> to 14<sup>th</sup> November 2016.
6. **Paper on "Mahabharata mein Yoga"** in the Akhil Bhartiya Sanskrit ShodhaSammelan organized by Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar from 4<sup>th</sup> March to 5<sup>th</sup> March 2017.
7. **Paper on "Yoga Darshan meinManviyaMulya"** in theAkhil Bhartiya Sanskrit Shodha Sammelan organized by Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar on 30<sup>th</sup> March 2018.
8. **Paper on "Ishwar Pranidhan ka Swarup evam Prasangikta"** in the National Seminar on Yoga Srimada Bhagavada Gita ke Diddhant one vamSadhna Padhatiyon ka Swarup evam Prasangikta organized by Department of Philosophy, Gurukula Kangri Vishwavidyalaya, Haridwar from 24-25 November 2018.
9. **Paper on "Yogadarshane Samajika Samarsata"** in the Akhil Bhartiya Sanskrit Shodha Sammelan organized by Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar on 11 March 2019.
10. **Paper on "Tap Ki Anivaaryata"** in 8<sup>th</sup> International Conference on Role of Yoga & Sanskritam in Human Transformation jointly organized by Indian Association of yoga, New Delhi & Deptt. Of Yogic Science, Uttarakhand Sanskrit University, Haridwar
11. Participated in the 5<sup>th</sup> National Workshop on Drugless Therapy Through Yoga and Naturopathy jointly organised by Niramyayogam Research Foundation Haridwar and

Department of Yogic Science Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar from 26<sup>th</sup> to 30<sup>th</sup> November 2019.

12. Participated in a 6-day Workshop **on Self-Management through Yogic Techniques** for Optimal Academic Performance organized by the University of Patanjali, Haridwar, from 15-20 December 2010.
13. Participated in a **National Workshop on Effects of Yoga Therapy on Metabolic Syndrome** organized by the Department of Yogic Science, University of Patanjali, Haridwar from 15-17 March 2019.
14. Participated in the **3<sup>rd</sup> National Workshop on Yoga and Alternative Therapies** organized by Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar from 25<sup>th</sup> April-30<sup>th</sup> April 2016.

### **Induction Programme: -**

1. Participate in the Induction Programme organized by the faculty of Education & Training, Gurukul Kangri (Deemed to be University), Haridwar

### **Extra -Curricular Activity: - Performing Yoga.**



### **Declaration:**

I hereby declare that the information given by me in this curriculum vitae is true to the best of my knowledge,

**Date: 17-August 2022.**

**Place: Dehradun**

**Dr. Sanyogita**