

# Curriculum Vitae



## **Dr. Monika Sharma**

*M.Sc. (Yoga) UGC NET (Yoga), Ph.D.*

*Assistant Professor, Department of Yoga Science*

### **Additional Responsibilities:**

Course Coordinator M.A. (Yoga Science)

University of Patanjali, Haridwar, Uttarakhand – 249405.

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Mobile: 9412937920



### **Working Experience: -**

1. **Department of Yoga Science, University of Patanjali, Bahadrabad, Haridwar, Uttarakhand, INDIA (03 July 2023 – till now)**
2. **HEC, Kankhal, Haridwar**  
Profile: Assistant Professor Yoga  
Tenure: July 2021 to June 2023
3. **Shri Sai Institute, Govindpuri, Haridwar**  
Profile: Assistant Professor  
Tenure: November 2018-2020

4. **Maa Saraswati Senior Secondary School, Bahadarabad, Haridwar**  
Profile: Teaching Math, Science & Yoga  
Tenure: February 2015 to May 2018
5. **Navodaya Vidyalaya, Roshnabad**  
Profile: Yoga training to Students(12-19yrs) for State & National Level Competition  
Tenure: April 2016 to July 2016
6. **Holistic Ayurveda Pvt. Ltd. Raiwala, Rishikesh**  
Profile: Yoga Lecturer and Instructor (Part Time)  
Tenure: Sep 2015 to March 2016
7. **HEC, Kankhal, Haridwar**  
Profile: Guest Yoga Lecturer  
Tenure: March 2013 to Feb 2015
8. **BHEL, Haridwar**  
Profile: Yoga Therapist, Organized Yoga camps & Seminars  
Tenure: March 2005 to April 2008

## Achievements

- **Got Utkristha Yog Sewa Samman** from Om Aarogyam Yog Mandir, Haridwar on 8th International Day of Yoga.
- **Six students of Master's** degree program completed their Dissertations in my Supervision.

<b>Education</b>	
<b>DPHCN</b>	<b>2022</b>
<b>NET</b>	<b>2019</b>
<b>UTET</b>	<b>2015</b>
<b>CTET</b>	<b>2015</b>
<b>B.Ed.</b>	<b>2014</b>
From	Sitadevi Memorial Inst. of Edu. & Tech., Haridwar
Subject:	Maths, Science
Percentage:	73.8%
<b>Ph.D.</b>	<b>2009</b>
From	Dev Sanskriti Vishwa Vidyalaya, Haridwar.
Subject:	Yogic Science
Topic:	प्राण प्रत्यावर्तन साधना का किशोर एवं किशोरियों के शैक्षणिक चिंता, आत्मविश्वास एवं सृजनात्मकता स्तर पर पढ़ने वाले प्रभाव का अध्ययन
<b>M.Sc.</b>	<b>2004</b>
From	Dev Sanskriti Vishwa Vidyalaya, Haridwar.
Subject	Human Consciousness and Yogic Science
Percentage	74.2%
<b>B.Sc.</b>	<b>2001</b>
From	H.N.B. Garhwal University
Subject:	Zoology, Botany
Percentage	57.6%
<b>INTERMEDIATE</b>	<b>1998</b>
From	UP Board, Allahabad
Subject	Hindi, English, Physics, Chemistry, Biology
Percentage	56.8%
<b>HIGH SCHOOL</b>	<b>1996</b>
From	UP Board, Allahabad
Subject	Hindi, English, Maths-2, Science-2, Social Science, Biology
Percentage	62.8%

## Personal Profile

Name: Dr. Monika Sharma  
Husband's Name: Mr. Sachin Sharma  
Father's Name: Shri K.K. Sharma  
Date of Birth: 20 June 1981  
Gender: Female  
Marital Status: Married  
Nationality: Indian  
Languages Known: Hindi & English  
Address: - B-36 Shastri Nagar, Jwalapur, Haridwar

## PUBLICATIONS

- Dr Somlata Jha, Dr Saloni Malik, Ritu, **Dr Monika Sharma**, Dr Sunil Kumar, Dr Ajay Dubey (2024) The association between yoga practice and back pain severity: A cross-sectional observational study. BTH, Volume 24, Issue 6 UGC Care group 2 Journal Page No: 125-132
- Mr. Manav Kumar, **Dr Monika Sharma**, Dr Saloni Malik (2024) **Effect of Pranayama on COPD Patients: A Review** BTH, Volume 24, Issue 6 UGC Care group 2 Journal Page No:137-143

## NATIONAL CONFERENCE – (2023-2024)

- **Participated** in National Workshop on Yoga, Alternative & Complementary Therapies: Concept & Techniques {12 - 17 June, 2024} organized by Department of Yoga Education, Dr. Hari Singh Gour Vishwavidyalaya, Sagar (M.P.).
- **Participated** as a resource person in **International Conference on Sustainability** and Recent Trends in Tourism and Hospitality Sector: Concept, Prospect, Innovation held in dev Sanskriti Vishwavidyalaya from Oct-13<sup>th</sup> - 14<sup>th</sup> 2023
- Participated in International Conference of Naturopathy on **Naturopathy for Holistic Health held in University of Patanjali from 18<sup>th</sup>-19<sup>th</sup> November 2023.**
- **Participated in 1<sup>st</sup> International Conference** on Yoga as Integrated Medicine held in Uttarakhand Ayurveda University on 17<sup>th</sup> December 2023.
- **Participated as a delegate in 6<sup>th</sup> International conference on Psycho-spiritual approach to Yoga** joint organized by Indian Association of a Yoga, New Delhi and Uttarakhand Sanskriti University on 22-23 Feb, 2023.
- Attended the 14<sup>th</sup> International Conference Bangalore Organized by VIVEKANAND YOGA ANUSANDHANA SAMSTHANA (VYASA) on **December 18-21, 2003.**

**\*Declaration:** *I hereby declare that all the statements above are true and complete to the best of my knowledge*