

Dr. Indu Sharma

Email Id: indusharma7880@gmail.com

Permanent address

210, Mandir lane, South Vanasthali,
Ballupur, Dehradun (Uttarakhand)
Dial- 9412937634

RESUME

PERSONAL DETAILS:

Father's Name	-	Shri Gopalacharya Shastri
Marital status	-	Married
Date of Birth	-	01.08.1982
Nationality	-	Indian
Language known	-	Hindi, English
Hobbies	-	Painting, Travelling, Meeting People

EDUCATIONAL QUALIFICATION:

Name of Exam	Year	School/University	Subjects
10th	1997	U.P. Board	Hindi, English, Social Science, Home Science, Economics.
12th	1999	U.P. Board	Hindi, English, Home Science, Economics, Drawing.
B.A.	2002	H.N.B. Garhwal University	English, Economics, Sociology
M. A. (Yoga)	2004	Dev Sanskriti Vishwavidyalaya Hardwar	Human Consciousness & Yogic Science
Diploma in Naturopathy	2007	Akhil Bharatiya Prakritik Chikitsa Yoga Parishad, New Delhi	Naturopathy
Ph.D.	2008	Dev Sanskriti Vishwavidyalaya, Hardwar	“Acharya Shri Ram Sharma ki Swarna Jayanti Sadhana ka Samayojan-Manastapiyata par Prabhav”
M.A.	2010	H.N.B. Garhwal University	Philosophy

WORK EXPERIENCE:

- Assistant Professor in Department of Yoga Education, Morarji Desai National Institute of Yoga, New Delhi, from 24.01.2018 to till date.
- Assistant Professor in Department of Yoga Science, Lakulish Yoga University, Ahmedabad from 01.07.2016 to 20.01.2018.
- Guest Faculty (Assistant Professor) in Department of Yoga Science, Morarji Desai National Institute of Yoga, New Delhi, since July'2014 to March'2015.
- Yoga Instructor in Department of Fitness and Yoga Science, Lakshmibai National Institute of Physical Education, Gwalior from 25.07.2012 to 10.09.2013.
- Lecturer in Department of Yoga Science, Morarji Desai Institute of Naturopathy and Yoga Science, Vadodara, since April 2011 to July 10th 2012.
- Lecturer in Department of Human Consciousness & Yogic Science, Dev Sanskriti Vishwavidyalaya, Haridwar, since 01.07.2006 to 31.03.2011.
- Lecturer in Department of Yoga, P.G. College, Rishikesh, since 06.08.2004 to 30.06.2006.

RESEARCH PAPER PRESENTATIONS:

- Second Annual Academic Conference.
Venue – Pt. L.M.S. Govt. P.G. College, Rishikesh (U.K.), dated 01-02 March, 2006
Paper Presented on “Effects of Maha Mritunjaya Mantra Depression”
- 5th International Conference and advances in Yoga Research Education & therapy.
Venue – Kaivalyadhama S.M.Y.M. Samiti Lonavala, Pune from 28th to 31st Dec. 2006.
Paper Presented on Effect of Maha Mritunjaya Mantra an adjustment neurotism.
- National Seminar on Experiment of Democracy in India.
Venue – Govt. M.B. P.G. College, Haldwani, Nainital Year 11th Sep. 2006
- International Seminar on Possible Contribution of Naturopathy and Yoga in Heart Diseases.
Venue – Institute of Human Consciousness & Yogic Sciences University of Lucknow, U.P. India Year Nov. 30 to 1st Dec. 2006.
Paper Presented on Yogic Tools for Healthy Heart
- International Conference for on Yoga & Health Awareness in Modern Scenario. Venue- Dev Sanskriti University, Shantikunj, Hardwar Dated 23-25 March, 2007
Paper Presented on “Effect of Maha Mritunjaya Mantra on Anxiety”
- National Yoga week in Morarji Desai National Institute of Yoga, dated 12-16 March 2007
Paper presented entitled “Effect of Maha Mritunjaya Mantra on Obsessiveness”

BOOKS PUBLISHED:

- Units published in a book **“Yoga ke Adharbhut Tatva”** made for Distance Education Programme by Dev Sanskriti University, Haridwar.
- More than 25 Units published in the course material developed for Distance learning programme under Yoga Department, Uttarakhand Open University, Haldwani, Uttarakhand.

PAPERS PUBLISHED:

- Paper “Effect of Maha Mritunjaya Mantra on Self Inferiority and Depression” published in journal ‘International Association of Yoga & Allied Sciences’, ISSN: 2278-5159.
- Paper “Gayatri Mantra Sadhana ka Avsada Bhava Par Prabhava” published in the Journal of Gujarat Research Society, ISSN: 0374:8588.

DISSERTATION:

- “Effects of Mahamritunjaya Mantra on Adjustment Neuroticism”.

SEMINARS / CONFERENCES / YOGA FESTS:

- International Yoga Conference on Physical, Mental & Spiritual Health
Venue – Jammu University India (J&K), Dated 13-15 Nov., 2003
- International Conference, Bangalore
Venue – Vivekanand Yoga Anusandhana Samsthana (VYASA) 18-21 Dec, 2003
- International yoga conference on Naturopathy and Doctors Management Trainer Programme
Venue – Sadhana Sthali Jhinholi, Haryana, Year 23-25, 2004
- International Sports Conference – “The Concept of Physical Education and Sports in 21st Century”.
Venue – Gurukul Kangari Vishwavidyalaya, dated 29.8.2004
- First Annual Conference Academic
Venue – Govt. B.P.G. College Haldwani, Year 11-12 March, 2005
- National Yoga week in Morarji Desai National Institute of Yoga, dated 25-29 February 2008
- Convener in 'Exhibition Committee' and Member in Yoga Workshops Committee in International Yoga Fest, organized by Morarji Desai National Institute of Yoga, dated 19-23 March 2018.
- Rapporteur in National Seminar on Art and Science of Common Yoga Protocol for Wellness, organized by Morarji Desai National Institute of Yoga, dated 02 May, 2019.
- Convener of Exhibition Committee and member in other Committees in International Yoga Fest- organized by Morarji Desai National Institute of Yoga, dated 01-02 June 2019.

EXPERT LECTURE / TRAINING:

- Imparted Yoga training and Expert lecture to employees of **Lok Sabha** and **Rajya Sabha** secretariat on 21.06.2018.
- Imparted Yoga training to **Parliamentarians in Lok Sabha Campus** on IDY-2019 i.e., 21.06.2019.
- Trained UP Police Officers at **CDTI Ghaziabad** in a 5-day Training Programme on Wellness from 22-26 July 2019 and in 04-week Training course on Yoga Stress and Conflict Management and resolution Meditation.
- Delivered Expert lecture in **Tihar Jail** from 24th to 28th June 2019 and 2nd to 3rd Jan 2020.
- Delivered Expert lecture in **SS Patel College of Education, Gandhinagar, Gujarat** on 05.03.2017.
- Delivered Expert lecture to the Office of **The Principal Commissioner of Central Excise, Ahmedabad**, on 21 June, 2017.
- Delivered lecture on Yoga to the employees of **Steel Authority of India Limited**, New Delhi on 16.02.2018.
- Delivered lecture in **Workshop on ‘Yoga for Stress Management’**, conducted by Lakulish Yoga University, Ahmedabad, Gujarat.
- Imparted Yoga training to **Government School Teachers** in One-month training program, sponsored by Ministry of Health and Family welfare, Govt. of India, at Dev Sanskriti University, Haridwar, from 05 Nov 2009 to 25 April 2010.
Imparted Yoga training to **Medical Doctors in Six Days Re-Orientation program**, sponsored by Ministry of Health and Family welfare, Govt. of India, held at Dev Sanskriti University, Haridwar, from 26 April 2009 to 01 May 2010.
- Imparted Yoga training and Expert lecture during In-Service Training Course for Teachers held at Kendriya Vidyalaya, G.C.R Delhi, from 28.05.2004 to 17.06.2004.

UNIVERSITY EXAMINER:

- Department of Yoga, Pt. L.M.S. Govt. P.G. College Rishikesh
- Department of Yoga, H.N.B. Garhwal University Srinagar (Garhwal)
- Department of Yoga, Jay Ram Ashram Sanskrit Maha Vidyalaya, Rishikesh
- Department of Yoga, Morarji Desai National Institute of Yoga, New Delhi

JURY MEMBER:

- Inter College Yoga Competition, Bharat Mandir 2003
- Inter College Yoga Competition, Garhwal University 2004
- Inter College Yoga Competition, Garhwal University 2005
- Inter State Yoga Competition, Uttarakhand 2005
- 3rd National Women Yogasanas Championship, Amritsar 2008
- 4th National Women Yogasanas Championship, Chennai 2009

ADDITIONAL RESPONSIBILITIES:

- **Guest Lecturer P.G. College Rishikesh.**
- **Team Manager**, Inter University Competition 2004, from Pt. L.M.S. Govt. P.G. College, Rishikesh.
- **Team Coach**, Educational Tour Jammu-2005 P.G. College Rishikesh.
- **Team Incharge**, Educational Tour in South India, 2006, from Dev Sanskriti University.
- **Shivir Incharge**, Roorke 2006 from Dev Sanskriti University, Hardwar.
- **Team Coach**, Uttaranchal State Yoga Association 5th State Yoga Championship – 2006 venue- Shri Ram Ashram, Rishikesh.
- **Team Incharge**, National Yoga Week – 2008 organized by Morarji Desai National Institute of Yoga (MDNIY) New Delhi, Dated – 12-16 Mar, 2007.
- **Team Coach**, State Yoga Championship, 2008, Rishikesh from DSVV, Hardwar.
- **Team Manager**, National Women Yoganas Championship, Amritsar 2008 through DSVV, Hardwar.
- **Team Incharge**, 27th National Yoga Championship, Chandigarh 2008 through DSVV, Hardwar.
- **Team Coach**, Uttaranchal State Yoga Association 6th State Yoga Championship – 2008 venue- Shri Ram Ashram, Rishikesh dated- 23.9.2008.
- **Team Incharge**, National Yoga Week – 2008 organized by Morarji Desai National Institute of Yoga (MDNIY) New Delhi, Dated – 25-29 Feb, 2008.
- **Team Coach**, 4th Open National Women Yoganas Championship – 2009 organize by Women Yoga Federation, Venue – Chennai Dated 11-13 Dec. 2009.
- **Team Coach**, 28th Open National Yogasana Championship – 2010 organized by Indian Yoga Federation, Venue – Kolkata Dated 22-24 Jan. 2010.
- **Team Coach**, 17th International Yogasana Competition-2010 organized by Tourism Dept. Govt. of Pondicherry dated 4 to 6 Jan. 2010.
- **Conducted** the in-Service Training Course, Yoga, for T.G.T (Math) held at Kendriya Vidyalaya A.G.C.R., Delhi.
- **Resource person**, National Yoga week in Morarji Desai National Institute of Yoga, New Delhi, in February 2015.

PROFESSIONAL MEMBERSHIP:

- Member of the society “International Yogasana Sports Federation”, MDNIY, New Delhi.

SUPERVISION PROJECT/DISSERTATION:

- 60 Projects- P.G. Diploma in Yoga, year 2004-2006, Yoga Dept. P.G. College, Rishikesh.
- 09 Projects – B.A. & B.Sc., year 2006-2009, in Dev Sanskriti University, Hardwar.
- 10 Dissertations, year 2006-2009, in Dev Sanskriti University, Hardwar.

ADDITIONAL SKILLS:

- Pranic Psychotherapy.
- Advance Pranic Healing by All India Yoga Vidya Pranic Healing Foundation Trust
- Acupressure by Bhartiya Accupressure Sansthan, Allahabad at DSVV in 2006
- Yoga Nidra.
- Spiritual Therapy – Meditation, Pranayama.
- NSS Certificate.
- Choa Kok Sui Pranic Healing (Basic Course).

ACHIEVEMENTS:

- Gold Medal in **Inter University Yoga Competition** held at Dev Prayaga (Garhwal) dated 15 Dec., 2000
- Gold Medal in **Inter University Yoga Competition** held at Pt. L.M.S. Govt. P.G. College Rishikesh dated 30th Dec. 2001.
- Gold Medal (Individual) in **All India Inter University Yoga Tournament** held at Guru Nanak Dev University, Amritsar Dated 07 June, 2003.
- Gold Medal in Uttaranchal State Yoga Association **3rd State Yoga Championship**-2004 Venue – Dev Sanskriti Vishwavidyalaya, Hardwar
- Gold Medal in Uttaranchal State Yoga Association **State Yoga Championship** – 2006 Venue – Shri Jairam Ashram, Rishikesh
- Gold Medal (Individual) in **Open National Yoga Championship** – 2006 organized by Indian Yoga Federation, Venue – Shri Jairam Ashram, Hardwar.
- Gold Medal in North Zone Yoga Championship, organized by Mokshayatan International Yogashram, Saharanpur U.P., on 10 Sep. 2006
- Gold Medal in Uttaranchal State Yoga Association **6th State Yoga Championship** – 2008 Venue – Shri Jairam Ashram, Rishikesh
- Gold Medal (Individual) in **3rd Open National Women Yoganas Championship** – 2008 organize by Women Yoga Federation, Venue – Amritsar.
- Gold Medal (Individual) in **27th Open National Yoga Championship** – 2008 organize by Indian Yoga Federation, Venue – Chandigarh, Sec. 42
- Gold Medal (Individual) in **4th Open National Women Yoganas Championship** – 2009 organize by Women Yoga Federation, Venue – Chennai Dated 11-13 Dec. 2009
- Gold Medal in Uttaranchal State Yoga Association **7th State Yoga Championship** – 2009 Venue – Shri Jairam Ashram, Rishikesh Dated 15 Nov. 2009

- Silver Medal in 17th **International Yogasana Competition**-2010 organized by Tourism Dept. Govt. of Pondicherry dated 4 to 6 Jan. 2010.
- Silver Medal in Yogasana Competition Organized by Omkarananda Trust at Rishikesh- 2003.
- Bronze Medal in Inter University Athletics Meet at Srinagar (Garhwal) Dated 10 Dec. 2001
- Silver Medal in Discuss Throw in Athletics Meet at Pt. L.M.S. Govt. P.G. College, Rishikesh Dated 27-28 Nov. 2001
- Silver Medal in 1500 Meters Race in Athletics Meet at Pt. L.M.S. Govt. P.G. College, Rishikesh Dated 27-28 Nov. 2001
- Bronze medal, Inter University Athletics Meet (100 X 4 Meters Relay) at Srinagar (Garhwal) dated 07 Dec. 2000
- Bronze medal, National Yoga Championship at Chennai Dated 28-29th Feb.2004
- Bronze medal, Inter University Athletics Meet (4 X 400 Meters Relay) at Srinagar (Garhwal) 10th Dec. 2001
- Inter University Athletics Meet (Javelin Throw) at Pt. L.M.S. Govt. P.G. College Rishikesh dated 27-28th Nov. 2001
- Bronze Medal (Individual) in 28th **Open National Yogasanas Championship** – 2010 organized by Indian Yoga Federation, Venue – Kolkata Dated 22-24 Jan. 2010
- Felicitated by ABB India Limited at their Employees Welfare Society programme at Vadodara, Gujarat, dated 09 July 2011.

SOCIAL CONNECTION:

- Yoga Expert (18 Episodes) with **National TV channels, ‘PRAGYA’ & ‘SANSKAR’** is on air.
- Participated as Yoga expert in LIVE Talk show by **All India Radio**, on 19.06.2019.
- Participated as Yoga expert in LIVE Talk show by **Delhi Doordarshan** to mark IDY-2019.
- Participated as Yoga expert in LIVE Talk show by **All India Radio**, on 21.06.2018.
- Participated as Yoga expert in LIVE Talk show by **Lok Sabha TV**, on 22.06.2018 and, then on 23.11.2018.

REFERENCE:

- Dr. Ishwar V. Basavaraddi
Director, Morarji Desai National Institute of Yoga, New Delhi.
- Shri Chandra Singh Jhala
Vice Chancellor, Lakulish Yoga University, Ahmedabad.
- Dr. Suresh Barnwal
Head, Department of Human Consciousness & Yogic Sciences
Dev Sanskriti Vishwavidyalaya, Hardwar

I hereby declare that the given information is true to the best of my knowledge and belief.

Dated: 26.02.2021
Place: New Delhi

Dr. Indu Sharma