

Dr. Aarti Pal

Contact: +918349907365

Email: aartipal29@gmail.com

Guruji : Mr Atmaram Tiwari

Current Designation

Assistant Professor (Yoga Science),
University of Patanjali,
Haridwar, Uttarakhand

Former Assistant Professor (Yoga Education),
Savitribai Phule Pune University, Pune, Maharashtra

AWARDS

- **Miss yogini of the world 2010**
- **Miss yogini of India 2008**
- **Yoga princess 2008**
- **Best International/National Athlete Award 2022**
- **Medalist of 26 nationals and 6 international competitions**
- **NYSF (National Yogasana Sports Federation) certified Technical Official**

EDUCATIONAL QUALIFICATION

- **Ph.D. in Yoga.**
- NET in Yoga
- MA in Yoga from Devi Ahilya University. Indore (M.P.) with A grade.
- P.G. Diploma in Yoga therapy from Devi Ahilya University, Indore with distinction

- QCI (Quality council of India) Certified
- Graduation (B.B.A.) from Devi Ahilya University, Indore, Madhya Pradesh
- Yoga Visharad with distinction in Yoga teaching and practical (Asanas andPranayams).
- Yoga Praveshika with first division from Dev Sanskriti Vishwavidyalaya, Haridwar
- Certificate Course in Yoga with distinction from D.A.V.V.
- Higher Secondary MP Board 10th grade and 12th grade with 'A' grade respectively.

Conferences & workshops :-

- Attended **FDP**-Faculty Development Programme on ICT-Information Communication Technology (Yoga) at Savitribai Phule Pune University
- Participation in FDP-Faculty Development Programme on Competency based Teacher Education Curriculum Development
- Participation in workshop on Learning Outcome at School of Education at savitribai Phule Pune university, Pune
- Participation in National workshop on Continuing Professional Development of Teacher Educators through Blended Learning Approach
- Organized one day "Yoga workshop for the children with special needs (Autism & Cerebral Palsy)"
- Organized one day "Workshop on Yoga & Surya Namaskar for School Teachers"

Besides above all, I have participated in various workshops, seminars & conference as Resource person at various levels.

Research Project :-

Presently, engaged in a research project “**Impact of yoga and meditation on physical and emotional well-being of farmers**”.

ACHIEVEMENTS

I have been taking part in Yoga competitions for last 8-10 years. I have won about **26 Nationals and 6 Internationals awards** . Some of my achievements are:

- Gold medal in 3rd Senior National Yogasana Chmapionship held at Jodhpur, Rajasthan
- Gold medal in 30th Himalaya Yoga Olympiad held at Kolkata.
- Gold medal in recently held “6 th Asian yoga sports championship held at **Vietnam.**
- Gold medal in 40 th national yoga championship (yogasan category) org. by Yoga Federation of India from 10 to 14 jan. 2016.
- Gold medal in 40 th national yoga championship (Rhythmic category) org. by Yoga Federation of India from 10 to 14 jan. 2016.
- Gold medal in 40 th national yoga sports championship held at Karnataka in 2016-17 (Yogasana category)
- Gold medal 40 th national yoga sports championship held at Karnataka in 2016-17 (Rhythmic yoga category)
- Silver Medal in “All India Inter University Yogasana Championship 2012-13” held at Bhavnagar University, Gujrat
- Silver medal in 41 st national yoga sports championship held at Ranchi (Jharkhand) in 2017-18 (Artistic yoga category)
- Bronze Medal in “ All India Inter University Yogasana Championship 201314” held at Kurukshetra, Haryana.

- Gold Medal in 35th National Yoga Championship (Artistic category) (affiliated to Indian Olympic Association).
- Silver Medal in 35th National Yoga Championship (Yogasana category).
- Silver Medal in 36th National Artistic and Yogasan Championship.
- Silver medal in 39 th National Athletic yogasan championship.
- Silver medal in 39 th Artistic yoga championship.
- Silver Medal in 27th National Yoga Championship.
- Gold Medal in Open National Yogasan Championship, organized by Indian Federation of Yoga Culture and Sports.
- Silver medal in 39 th national yogasan championship (Artistic & combination)
- Gold medal in Lakulish world open yogasan championships
- Gold medal in State Inter University Yoga Competition - 2012-13

Bagged numerous accolades at school level, district, state and national level competitions. I have also won various speech and debate competitions.

WORK EXPERIENCE

- Worked as an **Assistant Professor of Yoga Education** at Department of Physical Education (SOE) at **Savitribai Phule Pune university, Pune**
- Lecturer for M.A. Yoga at Dr. Babasaheb Ambedkar Marathwada university, Aurangabad for 1 year
- Served as Yoga coach at Sports Authority of India, Mumbai Regional center for NIS (Yoga)
- Served as Yoga trainer at MPCA (Madhya Pradesh Cricket Association, Indore) for 1 year
- Conducted Yoga sessions at **IIT, Kharagpur (Kolkata)** for the scientists from the International fraternity
- Yoga teacher at Advanced Academy (CBSE), Indore for 1 year

- Part time Yoga teacher at Kothari College of yoga & Meditation, Indore for 5 years
- Yoga teacher at "Atma Malik International School" Kokamthan (Shirdi) for 2 years

- Yoga teacher at Riverdale High School, Aurangabad for 4 years

PERSONAL PROFILE

Date of Birth : 29.07.1991

Gender : Female

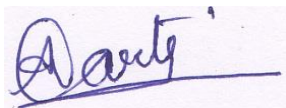
Marital status : Married

Hobbies : Reading, Writing, Oratory

Languages Known : English, Hindi, Marathi

Nationality : Indian

I will feel pleasure to furnish you with any other details about me and my work, if required so.

A handwritten signature in blue ink that reads "Aarti Pal". The signature is written in a cursive style and is underlined.

Dr. Aarti Pal