

RESUME

Name: - **Gurneet Kaur**
Current Address: - **Vill. Kamagar, P.O. pyarayana, Distt. Ferozepur, Punjab.**
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OBJECTIVE

To apply my acquired skills in a challenging environment, that allows me to grow both professionally and personally along with the organization.

QUALIFICATION

- **2020-2025** **Ph.D.** in Yoga Science from University of Patanjali, Haridwar.
THESIS TITLE: "*Validation and Reliability of Sri Guru Granth Sahib's Yoga concept and its Scale development for Health and Wellness of Students and Adults*"
- **July 2018** Qualified **UGC National Eligibility Test** (Yoga Science) for the post of Assistant professor of yoga science.
- **May, 2017** Qualified **UGC National Eligibility Test** (Yoga Science) For the post of Assistant professor of yoga science.
- **2015-2017** M.A. in Yoga science From University of Patanjali, Haridwar. Passed with 70.37%.
- **2014-2015** P.G. Diploma in Yoga science From University of Patanjali, Haridwar. Passed with 69%. (**Gold Medal**)
- **2012-2014** M.Sc. in Cosmetology & Health Care from Dev Samaj College for Women, Ferozepur (Punjab University). University topper with 82% (**Gold Medal**)
- **2009-2012** B.A. From Dev Samaj College for Women, Ferozepur (Punjab University). Passed with 72%.
- **2009-2012** Add on Diploma in **Fashion Designing**. Passed with 71%.
- **2008-2009** 12th from B.N. Khalsa Senior Secondary School (PSEB), Patiala with 65%.

- **2006-2007** 10th from Dev Samaj A.V. Senior Secondary School(PSEB), Ferozepur, Passed with 68%.

WORK EXPERIENCE

- Worked as an **Assistant Professor** in the Department of Cosmetology and Health Care at Dev Samaj College for Women Ferozepur, Punjab (**2017-2019**), under Panjab University Chandigarh.
- Worked as a **paper-setter/Checker for M.Sc.** Cosmetology and Health Care Department, under Panjab University Chandigarh.
- Worked as a **paper-setter/Checker for B.Voc.** Cosmetology and Health Care Department, under Panjab University Chandigarh.
- Completed two months of internship in **Panchkarma&Swasthvritta(yoga)** in DyanandAyurved College & Hospital, Jalandhar.
- Conducted a **Yoga Camp at Hasinara Military Station**, West Bengal.

RESEARCH WORK& PUBLICATION

Sr.	Journal	Author	Entitle
1.	Journal of Harmonized research in applied research Issn 2321-7456	Gurneet Kaur	A management to promote hair growth for androgenetic alopecia cases through yoga & Ayurveda.6(4), 2018
2.	Journal of Harmonized research in applied research Issn 2321-7456	Gurneet Kaur,	Hair nourishment through pranayama 6(4),2018
3.	Ijrar/196167 Issn 2348-1269	Gurneet Kaur	Mental Healing of Children through Yama's: The first step of Astanga Yoga
4.	RESEARCH REVIEW International Journal of Multidisciplinary Issn 2455-3085	Gurneet Kaur	Role of Cosmetics in Beauty Industries: From beginning to current status
5.	International Journal of Research (IJR)	Gurneet kaur	A Study on Yoga: From its origin to current status
6.	Yoga- Mimamsa 0044-0507 Vol. 53 Issue 2	Gurneet kaur, Paran Gowda	Yoga Concept in Sri Guru Granth Sahib Teachings: A Conceptual Frame Development

7.	Kala Sarovar 0975-4520 Vol. 24 Issue 4	Gurneet kaur, Paran Gowda	Sri Guru Granth Sahib's yoga concept and its scale development
8.	Aabru 2456-253X RNI No.: JKPUN/2002/6333	Gurneet kaur, Paran Gowda	ਸ੍ਰੀਗੁਰੂਗ੍ਰੰਥਸਾਹਿਬਜੀਵਿੱਚਸ੍ਰੀਗੁਰੂਨਾਨਕਦੇਵਜੀਦੀਆਂਯੋਗਸਿੱਖਿਆਵਾਂਅਤੇਪੈਮਾਨੇਦਾਵਿਕਾਸ
9.	Tuijin Jishu/Journal of Propulsion Technology ISSN: 1001-4055 Vol. 44 No. 4 (2023)	Gurneet kaur, Paran Gowda	Yoga Scale intervention study based on Sikh thoughts

- Published a book, titled as **YOGA SANGRAH (ISBN 98-6-5291-08-7)**.
- A research paper presented in the **International Seminar** “Changing trends in Historiography: A Global Perspective” proposed at 2nd of February 2017, titled as "Study on Yoga: From Its Origin to Current Development".

INTERATIOAL/NATIONAL WORKSHOP & SEMNIAR ATTENDED

➤ INTERNATIONAL CONFERENCES (8)

- 1) Attended an **international conference** on “An International Conference on integrated medicine: Science & Practices”, organized by Patanjali Research Foundation, Haridwar (India).
- 2) Attended an **international conference** on “History, Trends and Resent Advancements in Medical and Nursing Sciences: A Holistic Perspective”, organized by Dev Samaj College For Women Ferozepur (India).
- 3) Attended **International Conference** Attended on “Yoga and Health Therapy” Orgnised by University of Patanjali on 29-31 March, 2019.
- 4) Attended an **International conference** on “Ancient Wisdom Civilizational Antiquities and the Cotemporary Universe”, jointly organized by Gautam Buddha University, Greater Noida & Km. Mayawati Govt. Girls PG College (India).
- 5) Attended an **International conference** on “Revealing scientific & behavioral aspects of yoga and spirituality in special context of Maha- Kumha”, jointly organized by Indian association of yoga, New Delhi.

- 6) Attended an **International Conference** on "Role of Yoga, Yagya, and Ayurveda for Women's Health" (6th ICYYA-2023), organized by the Shriram Yoga Training and Research Society, U.P. India. (2 Abstract submitted)
- 7) Attended an **International Conference** on "Naturopathy for holistic health" on 18-19 November, 2023 in Haridwar, India. (Abstract submitted)
- 8) Attended an **international conference** on "Harmonizing ayurveda, technology and innovation for a healthier future" on 27-29 October, 2024 in Haridwar, India.

➤ **NATIONAL CONFERENCE (3)**

- 1) Attended 2 days **National conference** on "Science, yoga & meditation: changing lifestyle" in Dehradun on 26th to 27th July, 2019.
- 2) Attended **National Conference** on "Recent Advances in Sports and Yoga" 28th May, 2022 Organized by Department of Physical Education and CBLUSC Chaudhary Bansi Lal University, Bhiwani, Haryana.
- 3) Attended **National Conference** on "The role of philosophy in world peace" 18th November, 2024 Organized by Department of Philosophy & Sanskrit at University of Patanjali, Haridwar.

➤ **INTERNATIONAL SEMINARS (2)**

- 1) Attended **International Seminar** Attended on "Integrated Approach to Autoimmune Disorders" by Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansdhan, Haridwar on 04-06 August, 2019.
- 2) Attended **International Seminar** Attended on "Understanding cancer and knowing its risks" by Dev Samaj College for Women Ferozepur (India) on 3rd February, 2018.

➤ **NATIONAL SEMINAR (1)**

- 4) Attended 2 days **National Seminar** on "Intellectual Property Rights: Need, Prospects, Awareness and Challenges in Herbal Medicine Sector" on 14th March, 2022. (2 Abstract Submitted)

COMPUTER PROFICIENCY

- Working knowledge of MS Office (Word, Power Point, and Excel) & Internet

SKILLS

Languages:

English -Good Fluency
Hindi – Good Fluency
Punjabi - Good fluency

OTHER ACHIEVEMENT

- 2nd prize in Asana Competition in National Championship.
- 2nd prize in Power Point Presentation in National Championship.
- Participated in 7 days Orientation Programme under Faculty Development Programme (FDP).
- Participated in 10 days Sanskrit Programme under University of Patanjali, Haridwar (UOP).
- Participated in Poster Drawing Competition in an International conference on “History, Trends and Recent Advancements in Medical and Nursing Sciences: A Holistic Perspective”, organized by Dev Samaj College for Women Ferozepur (India).

PERSONAL PROFILE

Name : Gurneet Kaur
Date of Birth : 22-Aug-1991
Father's Name : Paramjit Singh
Mother's Name : Supinder Kaur
Sex : Female
Nationality : Indian

DECLARATION

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars

Place: Ferozepur, Punjab

Date:

Gurneet Kaur