

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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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.

Education	
DPHCN	2022
NET	2019
UTET	2015
CTET	2015
B.Ed.	2014
From	Sitadevi Memorial Inst. of Edu. & Tech., Haridwar
Subject:	Maths, Science
Percentage:	73.8%
Ph.D.	2009
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
M.Sc.	2004
From	Dev Sanskriti Vishwa Vidyalaya, Haridwar.
Subject	Human Consciousness and Yogic Science
Percentage	74.2%
B.Sc.	2001
From	H.N.B. Garhwal University
Subject:	Zoology, Botany
Percentage	57.6%
INTERMEDIATE	1998
From	UP Board, Allahabad
Subject	Hindi, English, Physics, Chemistry, Biology
Percentage	56.8%
HIGH SCHOOL	1996
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

PRESENTATION/PARTICIPATION IN INTERNATIONAL AND NATIONAL CONFERENCE – (2023)

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-13th -14th 2023

Participated in International Conference of Naturopathy on **Naturopathy for Holistic Health held in University of Patanjali from 18th-19th November 2023.**

Participated in 1st International Conference on Yoga as Integrated Medicine held in Uttarakhand Ayurveda University on 17th December 2023.

Participated as a delegate in 6th 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 14th 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*