

Dr. Indu Sharma

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Permanent address

210, Mandir Lane, South Vanasthali,
Ballapur, 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 Haridwar | Human Consciousness & Yogic Science |
| Diploma in Naturopathy | 2007 | Akhil Bharatiya Prakritik Chikitsa Yoga Parishad, New Delhi | Naturopathy |
| Ph.D. | 2008 | Dev Sanskriti Vishwavidyalaya, Haridwar | “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, Lakshmbai 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, from April 2011 to July 10th 2012.
- Lecturer in Department of Human Consciousness & Yogic Science, Dev Sanskriti Vishwavidyalaya, Haridwar, from 01.07.2006 to 31.03.2011.
- Lecturer in Department of Yoga, P.G. College, Rishikesh, from 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 MahaMritunjaya Mantra on 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 MahaMritunjaya Mantra on 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 on Yoga & Health Awareness in Modern Scenario. Venue-Dev Sanskriti University, Shantikunj, Hardwar Dated 23-25 March 2007
Paper Presented on “Effect of MahaMritunjaya Mantra on Anxiety”
- National Yoga week in Morarji Desai National Institute of Yoga, dated 12-16 March 2007
Paper presented entitled “Effect of MahaMritunjaya Mantra on Obsessiveness.”
- 03 Days National Conference and Paper presentation, organised by Education Department of Tirthankar Mahavir University, Moradabad, dated 03-05 February 2022. Paper presented on the Topic “Mansik Swasthya ke Liye Patanjali Yoga darshan ki Bhumika: Kriya yoga ke Vishesh Sandarbha Mein”.
- 02 Days National Conference and Paper presentation, organised by Education Department of Tirthankar Mahavir University, Moradabad, dated 21-22 September 2022. Paper presented on the Topic “Yoga Dwara Vyaktitva Vikas: Atmanirbhar Bharat ka Aadhar”.
- 02 Days National Conference and Paper presentation, organised by Gurukul Kangri University, dated 27-28 February 2023. Paper presented on the Topic “The Role and contribution of Shrimadbhagavadgita in Indian Independence movement”.
- National Seminar on Mental Health and Current Scenario organized by Department of Psychology, Gurukul Kangri University, Haridwar, 20th and 21st March 2009.
Paper Presented on “Effect of Yogic Practices on Mental Health of Students”.

BOOKS PUBLISHED:

- Units published in a book **“Yoga ke Adharbhat Tatva”** made for Distance Education Programme by Dev Sanskriti University, Haridwar. Year 2008.

- More than 25 Units published in the course material developed for Distance learning programme under Yoga Department, Uttarakhand Open University, Haldwani, Uttarakhand. Year 2016, ISBN NO. 978-93-84813-13-0; 978-93-84813-14-7 and 978-93-84813-67-3.

PAPER PUBLISHED:

- Paper “Effect of Gayatri Sadhana on Self Inferiority” published in ‘Dev Sanskriti Interdisciplinary International Journal’, ISSN: 2279-0578, year 2021.
- Paper “Effect of MahaMritunjaya Mantra on Self Inferiority and Depression” published in journal ‘International Association of Yoga & Allied Sciences’, ISSN: 2278-5159, Volume: 6, Issue: 1; P: 47-49, Jan-June 2017.
- Paper “Gayatri Mantra Sadhana ka Avsada Bhava Par Prabhava” published in the Journal of Gujarat Research Society, ISSN: 0374:8588, Volume LXII, P: 92-97, Jan-June 2017.
- शर्मा, इंद्रु(2022). मानसिक स्वास्थ्यके लिये पातंजल योगदर्शनकी भूमिका: क्रियायोगके विशेषसंदर्भमें. भारतकी गतिशील प्रवृत्तिके आधारस्तम्भमहान शिक्षाशास्त्री, दार्शनिक, साहित्यकार व महापुरुष, तीर्थकर महावीर विश्वविद्यालय, मुरादाबाद, प्रथम संस्करण (pp 95-106) ISBN 978-93-92-611-77-3
- Paper “The Role and contribution of Shrimadbhagavadgita in Indian Independence movement” published in the book “Role of Yogis in Indian Independence movement”, by Gurukul Kangri University, Haridwar. P:92-102, ISBN 978-93-91993-87-0, Year 2023.
- **Research project** as CO- PI- “effect of long-term yoga practice on mental health and its correlation with autonomic function of students” with institutional funding agency.

DISSERTATION:

- “Effects of Mahamritunjaya Mantra on Adjustment Neuroticism”.

SEMINARS / CONFERENCES / YOGA FESTS / WORKSHOP:

- 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 2004.
- International Sports Conference – “The Concept of Physical Education and Sports in 21st Century”.
Venue – Gurukul Kangri 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
- International Online Webinar on ‘Yoga Therapy in Ancient Scriptures’ organized by Yoga Works (associate center of IYA, New Delhi) in association with faculty of yoga sciences and therapy Meenakshi Academy of higher education and research (deemed to be university), Chennai, dated 10-12 June 2022.
- Attended National Seminar on YOGA organized by Mangalore University, Mangalagangothri on 9th and 10th June 2022.
- Convener of the ‘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.

- Organizer and 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.
- Proposed and Organized ‘Workshop on Research Methodology’ in MDNIY, New Delhi on 26.8.21.
- Rapporteur in National Seminar on yoga for Human Excellence, organized by Morarji Desai National Institute of Yoga, dated 02 May 2022.
- Attended online workshop YCB for empaneled observers, lead examiners and examiners, dated 4th June 2021.
- Attended online workshop to develop quiz items for the International Yoga Day organized by Department of Education in Social Sciences (DESS), National Council of Educational Research and Training (NCERT), Delhi, dated 12 April 2021, through online mode.
- Attended online workshop to develop quiz items for the International Yoga Day organized by Department of Education in Social Sciences (DESS), National Council of Educational Research and Training (NCERT), Delhi, dated 07-10 February 2022.
- Attended online workshop of NCERT, New Delhi, Regarding Review of Textbook class 11th & 12th on 16th-18th Feb. 2022 (Three Days).
- Participated as a resource person in PSS Central Institute of Vocational Education, Govt. of India, for Review and Finalization of the Book on “Yoga Instructor” Class 11th and 12th from 30th Jan. 2023 to 03rd Feb. 2023.
- Coordinate - two days teacher’s training program of organized by C.B.S.E. at Morarji Desai National Institute of Yoga, New Delhi. dated 19.8.2019 to 20.8.2019.
- Coordinate - Webinar on Role of Yoga Darshan for Human Excellence, at Morarji Desai National institute of Yoga, New Delhi.dated 10.03.2022.
- Attended online webinar on the Topic “Yoga Therapy in Ancient Scriptures” organized by Yoga Works Chennai and Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research (Deemed to be University) Chennai held from 10th June 2022 to 12th June 2022.
- Worked with CBSE in the years 2019 and 2020 at CBSE, Shiksha Sadan, 17, Rouse Avenue, New Delhi to revise syllabus of Yoga course for Class XI and XII.
- Participated as Member, Panel Discussion by Department of Nutrition and Dietetics in Manav Rachna International Institute of Research and Studies, Faridabad, Haryana on 20th March 2023.
- Attended 03-day workshop in NCERT, New Delhi to review Yoga textbook developed for upper primary and secondary stage school students, dated 07th to 09th Jan 2020.
- Attended workshop in NCERT, New Delhi on Health and Physical Education for class Xth and XIth, dated 27th to 30th May 2019.
- Attended workshop in NCERT, New Delhi for KTPI 11th and 12th class textbooks on 29th to 31st Oct 2018.
- Attended the conference of Heads of National AYUSH Institutes at New Delhi held from 17th to 18th July 2018.
- Attended National level one day workshop on National Academic Depository held on 28th Sept 2018 in All India Council for Technical Education (AICTE), New Delhi.
- Attended 02-day workshop on Yoga for Stress Management at Lakulish Yoga University, Ahmedabad, dated 27th-28th August 2016.

EXPERT LECTURE / TRAINING:

- Imparted Yoga training and Expert lecture to employees of Lok Sabha secretariat on 21.06.2018.

- Imparted Yoga training and Expert lecture to employees of Rajya Sabha secretariat on 21.06.2018.
- Imparted Yoga training to Parliamentarians in Lok Sabha Campus on 21.06.2019 (IDY-2019).
- Delivered expert lecture in Steel Authority of India Limited in one day programme held on 19th Feb 2018.
- Imparted Teachers Training (TOT) on Yoga under a training programme conducted by CBSE from 19th to 20th August 2019 in MDNIY New Delhi.
- Trained UP Police Officers at CDTI Ghaziabad in a 5-day Training Programme on Wellness from 22-26 July 2019.
- Trained UP Police Officers at CDTI Ghaziabad in 04-week Training course on Yoga Stress and Conflict Management and resolution Meditation from 02.09.2019 to 27.09.2019.
- Delivered Expert lecture in the Workshop organized by School of Health Sciences, Uttarakhand Open University, Haldwani, from 17th Feb – 26th Feb. 2020.
- Delivered Expert lecture in Tihar Jail from 24th to 28th June 2019.
- Delivered Expert lecture in Tihar Jail from 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 in Workshop on ‘Yoga for Stress Management’, conducted by Lakulish Yoga University, Ahmedabad, Gujarat, year 2017.
- 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.
- Delivered Yoga lecture on INTERNATIONAL DAY OF YOGA (IDY)-2021.
- Delivered a lecture on ‘Yoga for Wellbeing’ on 12nd June 2021 organized by Pragya Yoga Alliance in association with Indian Yoga Association (Rajasthan chapter), online talk series, through online mode.
- Delivered Lecture on ‘Yoga- Inspiring Change’ on 19th June 2021 organized by Kashyap Yoga Center, through online mode.
- Delivered Lecture on ‘Bhagavadgita- Beacon of Knowledge’ on 20th June 2021 organized by Lakulish Yoga University, Ahmedabad, Gujarat, through online mode.
- Delivered Lecture on ‘Yoga for Holistic Health’ on 13th June 2021 organized by Shri Guru Ram Rai University, Dehradun, Uttarakhand, through online mode.
- Delivered Lecture on ‘Practice Based Approach for Yoga Teacher Education in ODL Modes’ in one day National Conference on Yoga organized by National Council for Teacher Education (NCTE) in collaboration with Gurukul Kangri (Deemed to be University) Haridwar, dated 16 July 2022.
- Delivered lecture on “Science and Technique of Yoga and Meditation” in UGC-HRDC, Lakshmi Bai National Institute of Physical Education, Gwalior for 99th Interdisciplinary Refresher Course for College and University Teachers from 10th March to 23rd March 2023.
- Delivered expert Lecture series to China delegates (Yoga Professional) in Re-Orientation programme from 11.02.2019 to 05.03.2019.
- Delivered expert Lecture to Korean delegates (Yoga Professional) in Yoga Training programme held from 18.09.2019 to 05.03.2019.
- Delivered Lecture on Yoga to 1500 students in Uttam School for Girls, Ghaziabad held on 20.05.2022.

- Delivered Lecture on Yoga to the officers of Defence Headquarter Training Institute in New Delhi in May 2022.
- Delivered Lecture on Yoga to 900 officials of the Ministry of Civil Aviation in New Delhi on 22.04.2022.
- Delivered Lecture on Yoga to 80 officers of the Department of Social Justice and Empowerment held in New Delhi on 19.04.2022.
- Delivered Lecture on Yoga to 50 sub-inspectors in STC/ Delhi Police Academy held on 20.06.2022.
- Delivered Lecture on Yoga to the staff and students of National Institute of Immunology held on 21.06.2022.
- Delivered Lecture on Yoga to 250 Army officers in Directorate General Defence Estates, Ministry of Defence, New Delhi held on 30.05.2022.
- Conducted one day Workshop cum Lecture on Yoga to 150 employees of the Institute of Economic Growth, University of Delhi held on 01.06.2022.
- Conducted Summer Yoga Workshop for Children held in MDNIY, New Delhi from 21.05.2018 to 20.06.2018.

UNIVERSITY EXAMINER:

- Department of Yoga, Pt. L.M.S. Govt. P.G. College Rishikesh
- Department of Yoga, Shri Lal Bahadur Shastri National Sanskrit University, New Delhi
- Department of Yoga, Lakshmi Bai National Institute of Physical Education, Gwalior
- Department of Yoga, H.N.B. Garhwal University Srinagar (Garhwal)
- Department of Yoga, Jay Ram Ashram Sanskrit Mahavidyalaya, 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
- Served as a jury of Ukraine Online yoga Photo Contest 2022, third annual contest of national level. organized by International Ayurveda and Yoga Institute Ukrainian Association Ayurveda-Yoga. Dated 18 July 2022

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 In charge,** Educational Tour in South India, 2006, from Dev Sanskriti University.
- **Camp In charge,** Roorkee 2006 from Dev Sanskriti University, Haridwar.
- **Team Coach,** Uttaranchal State Yoga Association 5th State Yoga Championship – 2006 venue- Shri Ram Ashram, Rishikesh.
- **Team In charge,** National Yoga Week – 2008 organized by Morarji Desai National Institute of Yoga (MDNIY) New Delhi, Dated 12-16 March 2007.
- **Team Coach,** State Yoga Championship, 2008, Rishikesh from DSVV, Hardwar.

- **Team Manager**, National Women Yoganas Championship, Amritsar 2008 through DSVV, Hardwar.
- **Team In charge**, 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 In charge**, 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.
- **Member**, organizing committee in Yoga Mahotsav-2022 held on 13.02.2022 at Vigyan Bhavan, New Delhi.
- **Coordinator of Diploma in yogic science for graduates one year course, MDNIY, New Delhi.**
- **Chairperson, Member, convener in different committees in MDNIY, New Delhi.**
- **HOD of Yoga Education Department of MDNIY, New Delhi**

PROFESSIONAL MEMBERSHIP:

- Member of Executive Committee, World Yogasana Sports Federation (WYSF).
- Member of editorial Board, SPPRC IYA and Professional Member of the society 'Indian Yoga Association', New Delhi.
- Member of Academic Council, Lakulish Yoga University, Ahmedabad from Aug 2016 to July 2019.
- Member of PGBOS for Department of Yoga Science Indira Gandhi University, Mirpur, Rewari.
- Member of NGO-Ukrainian Association Ayurveda-Yoga.

SUPERVISION PROJECT / DISSERTATION / Ph. D:

- 60 Projects- P.G. Diploma in Yoga, year 2004-2006, Yoga Dept. P.G. College, Rishikesh.
- 08 Projects – B.A. & B.Sc., year 2006-2009, in Dev Sanskriti University, Hardwar.
- 13 Dissertations, year 2006-2009, in Dev Sanskriti University, Hardwar.
- Supervised 01 projects of M.Sc. Yoga students IIIrd semester, in Morarji Desai National Institute of Yoga, new Delhi, academic year 2020-21.
- Supervised 02 projects of M.Sc. Yoga students IIIrd semester, in Morarji Desai National Institute of Yoga, new Delhi, academic year 2021-22.
- Supervised 02 Dissertations of M.Sc. Yoga students IVth semester, in Morarji Desai National Institute of Yoga, new Delhi, academic year 2021-22.
- Supervised 02 projects of B.Sc. Yoga students Vth semester, in Morarji Desai National Institute of Yoga, new Delhi, academic year 2021-22.

- Co-guide of Ph.D. work of Miss Priya Sharma from LNIPE, Gwalior on the topic of “Effect of Yogic Practices on Immune System Functioning of School Going Children of Gwalior”.
- Co-guide of Ph.D. work of Miss Namrta Athwani from LNIPE, Gwalior on the topic of “Effect of Yogic Practices on Mental Health And Adjustment of Visually Impaired Students”.

ADDITIONAL SKILLS:

- Pranic Psychotherapy.
- Advance Pranic Healing by All India Yoga Vidya Pranic Healing Foundation Trust
- Acupressure by Bhartiya Acupressure Sansthan, Allahabad at DSVV in 2006
- Yoga Nidra.
- Spiritual Therapy – Meditation, Pranayama.
- NSS Certificate.
- ChoaKok 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
Retd. Director, Morarji Desai National Institute of Yoga, New Delhi.
- Shri Chandra Singh Jhala
Retd. 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: 03.11.2023
Place: New Delhi

Dr. Indu Sharma