


Curriculum Vitae

FullName	Dr. AnujaRawat			
Designation	AssociateProfessor			
Department	Yoga			
Campus	Srinagar			
Mobile	91-8266047946			
Email	dr.anujarawatyoga@gmail.com			
EducationQualification	Degree(Year)	University		
	1. Ph.D.Yoga (2011)	1. DevSanskriti University, Haridwar		
	2. M.Sc. Human Cons. & Yogic Sciences. (2005)	2. DevSanskritiUniversity,Haridwar.		
	3. M.Sc. Zoology.(2002)	3. HNB Garhwal University.		
	4. M.A. Psychology.(2014)	4. Uttrakhand,open University		
	5. UGC. NET (YOGA)			
TeachingExperience	17 YEARS	ResearchExperience	17 YEARS	
AreasofInterest/Specialization YogicPhysiological Psychology, Yoga therapy, Yoga Psychology				
ResearchSupervisiondissertation MA/M.Sc./Ph.D.Degree/Registered) Dissertation degree80+ Submitted No. of Ph.D. student registered 3				
AdministrativeExperience				
1. HOD of Department of Yoga HNB Garhwal University(2020 to present time)				
2. HOD of Department of Applied Yoga and Health DAV College For Girls Yamunanagar Haryana (2007 to March, 2020)				
3. Member of Mental Health committee during Covid-19 period.				
4. MemberofBoardofStudies(BOS),DepartmentofYoga,HNBGU(2020 to till date)				
5. MemberofBoardofStudies(BOS),DepartmentofYoga,HPU University Shimla.				
6. ConvenerofMA, BSc and DiplomaAdmissionCommittee,HNBGU(2020 to till the date)				
7. Member of Academic councilHNB Garhwal University (2020 to till date).				
8. Deputy Chief Hostel warden HNB Garhwal University.				
9. Hostel Warden Nanda Devi Research Hostel HNB Garhwal University.				
10. Member of Opening of new department expansion of existing department HNB Garhwal University.2020.				
11. Member of examination Committee HNB Garhwal University.				
12. Member of Task force IQAC HNB Garhwal University.				
13. Member R.D.C DevSanskriti University - 30 December, 2022				
14. Member of Student election,2022, Birla Campus HNB Garhwal, University				

Conference//Workshop Attended Presentation- International

- ❖ Presented research paper entitled “**Physiological Aspect of Pranayama – A Narrative Review with Scientific Evidence.**” in the International conference on Yoga and Holistic health on 26-26 February, 2023 organized by Indian association of Yoga, New Delhi Held Deptt of Yogic Science Uttarakhand Sanskrit University
- ❖ Presented research paper entitled, “ **Yagya-As a Vedic technique for Holistic wellbeing** ” in the 2ndInternational conference on Aerosols, Air Quality & Climate change (AAC 2022) over Himalayan region of Uttarakhand” organised by Department of physics H.N.B. Garhwal University, on 4 to 6 November 2022. U.K
- ❖ Presented research paper entitled, “**Science and Philosophy of Yoga ,Yagya andAyurveda**” in the International conference on Yoga, Yagya&Ayurveda on December 12-13,2022, organized by shriramYog Training & research society,U.P., India and DevsanskritiVishwavidyalaya,Haridwar, U.K.
- ❖ Presented research paper entitled, “**The Effect of Yogic Intervention on Anxiety level of working women**” in the International conference on Yoga and Holistic health on 12-13 March 2016, organized by Indian association of Yoga, New Delhi Held at Hotel Golden Tulip, Haridwar.
- ❖ Presented research paper entitled, “**Bachokeliyeyogkiupyogita: ekVivechnatmakaAdhyan**” presented in the International Seminar organized by MaharshiDayanand College of Education, Abohar, Punjab, from 20th to 21st February 2015.
- ❖ Presented research paper entitled, “**Vicharokivaigyanikta (ekPrayog): VicharKrantiAbhiyan**” in the International Vedic Conference of WAVES on “Veda and Thought Revolution”, organised by DevSanskritiVishwavidyalaya, Shantikunj, Haridwar and Wider Association for Vedic Studies, New Delhi, India from 14th -17th ,March, 2012.
- ❖ Presented research paper entitled,“**To Study the Effect of PragyavardhanStrota on Self Confidence and Memory**” in the International Conference on “Yoga and Health Awareness in Modern Scenario”, organised by Department of Human Consciousness & Yogic Science, GurukulKangriVishvavidyalaya, Haridwar in 23rd to 25th March, 2007.
- ❖ Presented research paper entitled, “**Effect of Yoga on Asthmatic Patients**” in the International seminar on “Yoga and Naturopathy : A Potent Treatment System”, organised by UP Naturopathy & Yoga Teachers and Physicians Association, Lucknow in 30th November and 1st December 2005.

National Presentation

- ❖ Presented research paper entitled, “ **YogshastriyaAstangayogkiVartman me Upyogita**” in National Seminar organized by Department of Sanskrit, D.A.V. college for Girls Yamunanagar& Sanskrit Academy of Haryana, on 5th April 2018.
- ❖ Presented research paper entitled, “**Innovative techniques for teaching yoga**” in National Seminar on Innovative trends for professional skill development organized by Department of Human consciousness and Yogic Science, GurukulKangriVishvavidyalayaHridwar from 2nd -3rd AMarch 2017.
- ❖ Presented research paper entitled, “**Vishwa Shanti aurSadbhawna me YogkiBhumika**”presented in the National Seminar organized by Department of Human consciousness and Yogic Science, GurukulKangriVishvavidyalayaHridwar from 2nd -3rd April 2016.
- ❖ Presented research paper entitled, “**Yoga for Mental Health**”presented in the National Seminar organized by Department of Human consciousness and Yogic Science, GurukulKangriVishvavidyalayaHridwar from 30th - 31st March 2015.
- ❖ Presented research paper entitled, “**Impact of Yogic Intervention on Stress level of working women**” in the National Seminar on “Yoga as a Solution to various Problems of Human Life”, organised by Department of Yoga, Barkatullah University, Bhopaland sponsored by UGC, New Delhi, from 20th-21st March 2012.
- ❖ Presented research paper entitled, “**ParamanovaigyanikShamtayeavamManomaykoshkiShadna**” in the National Seminar on “Promotion of Parapsychological Abilities And Consciousness Through Meditation”, organised by Department of Science of Living, Preksha Meditation and Yoga, Jain VishwaBharti University, Ladnun (Rajasthan) from 19th-21st, Feb. 2012.
- ❖ Presented research paper entitled, “**To study the effect of Yogic Intervention on Stress level of working Women**” in the National Seminar on “Indigenous Techniques in Psychotherapy” organised by Department of Psychology, DevSanskritiVishvavidyalaya, Shantikunj, Haridwar from 25th -27th March 2011.
- ❖ Presented research paper entitled, “**Impact of Yoga nidra on Stress**” in the National Seminar on “Mental Health and Current Scenario” organised by Department of Psychology, GurukulKangriVishvavidyalaya, Haridwar from 20th to 21st March, 2009.
- ❖ Presented research paper entitled, “**Impact of Nature Tourism on Mental Health**” in the National Seminar on “Yoga Mental Health and Society”, organised by Department of Yoga and Holistic Health, Govt. M.B.P.G. College, HaldwaniNainital, Utrkhand from 23rd -24th May, 2009.

- ❖ Presented research paper entitled, “**Impact on Stress of Teachers through Yoga nidra&NadhiShodhan Pranayama**” in the National Seminar on “Scientific Approach of Yoga and Naturopathy Systems in Daily life”, organised by Department of Science of Living, Preksha Meditation and Yoga, Jain VishwaBharti University, Ladnun (Rajasthan) from 6th-8th, March 2009.

Convener/ Organised/ Coordinator

- ❖ Convener for conducting 10 days Lecture series “**Yoga Therapy Programme for Covid-19**” 01/06/2021 to 02/06/2021. by the Department of Yoga H.N.B. Garhwal University.
- ❖ Convener for conducting 02 days “**Yoga Therapy for Covid-19 Management**” 01/06/2021 to 02/06/2021. by the Department of Yoga H.N.B. Garhwal University.
- ❖ Convener for conducting one month **Lecture series on the occasion of 7th International Yoga Day** 21/05/2021 to 21/06/2021. by the Department of Yoga H.N.B. Garhwal University
- ❖ Convener of National Webinar on (ONE DAY) “**Development of Mental Hygiene through Yoga during COVID-19 Pandemic**” 07/06/2021, 2021. Department of Yoga H.N.B. Garhwal University.
- ❖ Convener of National Webinar on (ONE DAY) “**Development of Mental Hygiene through Yoga during COVID-19 Pandemic**” 07/06/2021, Department of Yoga H.N.B. Garhwal University.
- ❖ Convener for conducting (Online Platform) “**7th International Yoga Day**” on 21/June/2021. by the Department of Yoga H.N.B. Garhwal University
- ❖ Coordinator in two weeks Programme 1st September-15 September, 2021 “**Observation of SwachhtaPakhwada**” organised by Hostels of H.N.B. Garhwal University.
- ❖ Convener of National Webinar on “**Relevance of Naturopathy in Present time**” 18/Nov/2021, Department of Yoga H.N.B. Garhwal University.
- ❖ **Co-Chair Person** National Conference on Role of Yogis in Indian Independence Movement, OrGurukulKangriVishvavidyalayaHaridwar from 27 -28 Feb 2023.
- ❖ Resource person in National Webinar on Yoga To Celebrate international Yoga Day MukandLal National college , Yamuna Nagar (Haryana)
- ❖ Coordinator of National seminar on “**A Role Model for Youth An Ideal Yogi: Swami Vivekananda**” 12 Jan 2021. Department of Yoga H.N.B.GarhwalUniversity.
- ❖ Coordinator in three days International Yoga Webinar “**Holistic Health through Yoga during Covid-19**”, 23 June to 25 June, 2021.
- ❖ Organised the International Yoga day lecture series, 21 May to 21 June, Department of Yoga with the collaboration of “**Damyanti Jan Seva**”.
- ❖ Organized “**International Yoga Day**” as Coordinator on June to July, 2020, in HNB Garhwal University, Srinagar.
- ❖ Organized “**6th International Yoga Day**” as Coordinator on 21st June, 2020 through online platform in HNB Garhwal University, Srinagar.
- ❖ Organized “**International Yoga Day**” as Coordinator on June to July, 2020, in HNB Garhwal University, Srinagar.
- ❖ Coordinator of National Webinar on “**Swami Vivekananda an ideal Yogi for inspiration for youth**” 12 Jan, 2021. Department of Yoga H.N.B. GarhwalUniversity.

❖ PARTICIPATION-INTERNATIONAL/NATIONAL –SEMINAR/ WORKSHOP, FACULTY DEVELOPMENT PROGRAMM

- ❖ Participated in the faculty development programme on, “**Celebrating Women role: Sharing Experiences**” organised by Women Studies centre & Faculty development programme cell, D.A.V. College for Girls, Yamunanagar on 8th march 2017.
- ❖ Participated National workshop on, “**Yoga and Alternative Therapies**” organized by Department of Human consciousness and Yogic Science, GurukulKangriVishvavidyalayaHridwar from 26th march to 01st April 2014.
- ❖ Participated in two-day workshop on, “**1- IT enabled teaching and 2- It is a blessing to be a teacher**” Organised by Department of Commerce, DAV college for Girls, Yamunanagar, and sponsored by Directorate of Higher Education Panchkula, Haryana on 14-15 September 2013.
- ❖ Participated in the, “**4th International Conference and Gathering of the Elders**” Organized at DevSanskriti University, Haridwar, During March 3rd-7th 2012.
- ❖ Participated in One-day workshop on, “**Faculty Development Programme for Innovative Teaching & Learning through Technology**” Organised by DAV college for Girls, Yamunanagar, Haryana on 31st July 2010.
- ❖ Participated in National Conference on, “**The Bengal Renaissance &the Indian English Writing**” Organised

by the Department of English and Shakespeare association, DAV college for Girls ,Yamunanagar, Haryana from 13-14 May 2010.

- ❖ Participated in the, “**11th National Naturopathy and Yoga Seminar**” organised by HimanchalPrakartikChikitsaevam Yoga Kendra, Dharmashala, Himanchal Pradesh under the banner of GhandhiSmarakPrakertikChikitsaSamiti, NewDelhi from 22nd -24th May 2009.
- ❖ Participated in, “**Workshop on Legel Literacy performing Arts**” organised by District Legal Services Authority held at DAV college for Girls, Yamunanagar, Haryana on 21st Nov. 2009.
- ❖ Participated in the National Seminar on, “**Relevance of Nehru’s Ideas in the Era of Globalisation**” organised by the Nehru Study Centre, DAV College for Girls Yamunanagar, Haryana on 21st March 2009.
- ❖ Participated as a organizer committee member in two days, “**Workshop on alternative Therapies- Yoga, Naturopathy for Comlete Health**” Organised by Department of Applied Yoga and Health, DAV college for Girls, Yamunanagar, Haryana from 19th -20th April 2008.
- ❖ Participated in National Yoga Week, “**A Mass Awareness Programme for Health, Happiness and Harmony through Yoga**” Organised by Morarji Desai National Institute of Yoga, New Delhi, India, from 25th- 29th Feb. 2008.
- ❖ Participated in UGC Sponsored National Seminar cum Workshop on, “**Mahatma Gandhi Views on PraktikChikitsa and Health**” organised by Ghandhian Studies Centre & Naturopathy Department of M.D.S.D. Girls College, Ambala City, Haryana, from 22nd-23rd January 2008.
- ❖ Participated in UGC Sponsored, “**International Seminar on 1857 in the Literary Imagination**” Organised by DAV college for Girls ,Yamunanagar, Haryana from 22nd -24th Dec. 2007.
- ❖ Participated in “**Forty- Five days Women Development Programme**” organized by British Council India with Host Partner DAV College for Girls, Yamunanagar, Haryana from 15th April to 30th June 2007.
- ❖ Participated in two days workshop on (CEDAW), “**Convention on Elimination of all forms of Discrimination Against Women**”, Organised by Women Study Centre, DAV College for Girls, Yamunanagar, Haryana from 22nd -23rd March 2007.
- ❖ Participated in UGC Sponsored National Conference on, “**Contemporary Literary theory in English and Hindi Literature**”, Organised by the Department of Hindi and English, DAV college for Girls ,Yamunanagar, Haryana from 28th Feb. -2nd march 2007.
- ❖ Participated in IIPA Delhi Sponsored National Seminar cum Workshop on “**Consumer Rights Protection and Awareness**”, Organised by Department of Economics &Commerce, DAV College for Girls, Yamunanagar, Haryana on on 23rd Feb.2007.

Research Paper : (U.G.C CarePublications)

- ❖ AnujaRawat, (2018), **Effect of yogic intervention on BMI level of Over-weight people**, Coherence, ISSN 0976-5301, Vol. 9 No.1: 94-99.
- ❖ AnujaRawat (2016), **Yogic Approach for the Management of emotional Intelligence**, Coherence (Special Issue Adolescent and Maternal Health), ISSN 0976-5301, Vol.7 No.1: 232-238.
- ❖ Anuja(2015): **Impact of Yogic Intervention on Stress level of working women**, Coherence, ISSN 0976-5301, Vol.6 No.1: 218-228.
- ❖ IshwarBharadwaj, AsimKulshrestha, Anuja (2013): **Effect of Yogic Intervention on Blood Pressure and Alpha-EEG level of working women**, Indian Journal of Traditional Knowledge, ISSN: 0975-1068 (Online); 0972-5938 (Print)Vol.12(3), July:542-546.
- ❖ KulshresthaAsim, Anuja (2012): **Impact of Tratak on Mental Relaxation**, Manaviki, ISSN 0976-0830, Vol.3 No.2: 201-205.
- ❖ Anuja; AsimKulshrestha (2012): **Impact of Self Study and Meditation on Death Anxiety**,Academicia, South Asian Academic Research Journals, ISSN 2249-7137 , Volume 2, Issue 9, 80-85.
- ❖ Anuja; AsimKulshrestha (2012): **Impact of Nadhishodhan Pranayama Psychological Well-Being of Middle aged Working Women**, Asian Journal of Research in Social Science & Humanities, ISSN 2249-7315 Volume 2, Issue 7, 146-151.
- ❖ KulshresthaAsim, Anuja (2012): **Krishna Consciousness and Spiritual Dovelopement**,Procceding ICTM-2012, Shobhit University, ISBN 81-8283-237-3 Merrut, Section-d, 37-44.
- ❖ Anuja (2011): **To Study the effect of Yoga Nidra On Anxiety**, Quest- The Journal of UGC-ASC Nainital, ISSN 0974-5041, Vol. V, Issue 2, 288-291.
- ❖ BharadwajIshwaar, Anuja, Vijaylaxmi (2011): **The Effect of Yogic Intervention on Anxiety level of Working Women**, Yoga Mimamsa, ISSN 0044-0507, Vol.XLII no. 4, 255-264.
- ❖ AnujaAnant (2010): **Impact of Vedic Yagna on Psycho Physiological Parameters of College going Girls**, Coherence, ISSN 0976-5301, Vol.1 No.1: 138-142.
- ❖ Bharadwaj, Ishwar, Anuja (2009-10). **To Study the Effect of Yogic Intervention on Stress Level of WorkingWomen**. Yoga Vijana, 3 (Combined Issue – I, II, III & IV), 64-67.
- ❖ Sharma, Smriti&Rawat, Anuja (2009-10). **To Study the Effect of Yoga Nidra on the Level of Anxiety**. Yoga Vijana, 3, (Combined Issue – I, II, III & IV), 68-71
- ❖ AnujaRawat.(2021)**“A study of the effect of Yogic intervention on Blood Pressure Stress level, Alpha EEG and GSR of student’s.”**Sambodhi, ISSN 2249-6661.
- ❖ AnujaRawat.(2021)**“VaidikWangmay me YogatvokaNirupan”** VaidikVagJyoti, ISSN 2277-4351. <http://www.gkv.ac.in>
- ❖ AnujaRawat.(2021) **“PuranokeAlok me pranayamkeSadharbh me Adhyayan”** Shodh Sanchar. ISSN 2229-3620.
- ❖ AnujaRawat.(2021)**“MahrishiPatanjalikritAshtangYog”** Shodhsarita ISSN 2348-2397.
- ❖ AnujaRawat.(2022)**“A Potentiality of Yoga in overcoming inferiority feeling.”** Gurukulpatrika. ISSN 0976-8017.
- ❖ Rawat, Anuja **‘Yogaur Yogi’ (2014)** , Satyam Publishing House, New Delhi, ISBN-978-938-375-4267.

Book/BookChapter

- ❖ Rawat, Anuja **‘Yoga for working women’ (2014)**, Satyam Publishing House, New Delhi, ISBN-978-938-375-4229.
- ❖ Rawat, Anuja, KulshresthaAsim, , **ManavUtkarshevam Yogic Vidhiya** (2015) (Language-Hindi), Satyam Publishing House, New Delhi, ISBN-978-93-8375449-61-3.
- ❖ Rawat, Anuja, KulshresthaAsim, , **SamagraSwasthyaevam Yogic Vidhiya** (2015) (Language-Hindi), Satyam Publishing House, New Delhi, ISBN-978-93-8375448-91-3.
- ❖ Professor IshwarBhardwaj / Dr, Anujarawat **An article, “Holistic approach of Yoga and Naturopathy for Life style Management – A descriptive study” in the book, “Yogic Management of Life Style Disorders” (2017) (page 47-52)** Satyam Publishing House, New Delhi, ISBN-978-93-85981-64-7.

Train ing

1. Refresher course work in research methodology NITTTR Kolkata.
2. Refresher course (UGC – HRDC) in Yoga and Wellness (MDC) online Mode being organized from 31st August, 2021 to 13th September,2021.

