


Curriculum Vitae

FullName	Dr. Kiran Verma		
Designation	Assistant Professor		
Department	Naturopathy and Yoga		
Campus	Chauras, Srinagar		
Mobile	91-9045057620		
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EducationQualification	Degree	University	
	1. Ph.D.(Yoga)	1. Dept. of Human Consciousness and Yogic Sciences, Gurukul Kangri University Haridwar.	
	2. M.Sc. (Yogic science)	2. Uttarakhand Sanskrit University, Haridwar.	
	3. M.A. (Philosophy)	3. H.N.B. Garhwal University Srinagar. Uttarakhand	
	4. M.Sc. (Chemistry)	4. H.N.B. Garhwal University Srinagar. Uttarakhand	
	5. UGC-NET		
TeachingExperience	14Years	ResearchExperience	14 Years
<p>ResearchSupervision dissertation MA/M.Sc./Ph.D.Degree/Registered) Dissertation degree 50+ Submitted.</p> <p>Areas of Interest/Specialization Alternative Therapy, Patanjali Yoga Sutra, Yoga Therapy & its applications</p> <p>Administrative Experience</p> <ol style="list-style-type: none"> Working as a Library Incharge department of Yoga from 01 July 2021 to till date in HNB Garhwal University, Srinagar Uttarakhand. Working as a Senior Program Officer (Trained) of NSS Unit Birla Campus HNB Garhwal University, Srinagar Uttarakhand. Working as a Worden of Mandakini Girls Hostel from 11 November 2021 to till date in HNB Garhwal University, Srinagar Uttarakhand. Working as a Worden of Yamuna Girls Hostel from July, 2022 to till date in HNB Garhwal University, Srinagar Uttarakhand. Working as a Registrar Himalayan Garhwal university (Three Month) <p>Member: Member of Indian Association of Yoga, New Delhi. Member of Board of Management in Himalayan Garhwal University, Pauri Garhwal, Uttarakhand. Member of Academic Council of Himalayan Garhwal University, Pokhra, Pauri Garhwal, Uttarakhand.</p>			

Research paper

1. Author: Dr. Kiran Verma, Topic: “INCLUSIVE EDUCATION AND EMOTIONAL COMPETENCE OF DIFFERENTLY ABLED STUDENTS”, Journal: OECONOMIA COPERNICANA, Year: January 2022, Volume: 13 issue 1 2022, PP: 26-32, p-ISSN 2083-1277, e-ISSN 2353-1827. Link: https://oeconomiacopernicana.com/sdm_downloads/23445/
2. Author: Dr. Kiran Verma, Topic: “NATIONAL EDUCATION POLICY 2020: HOW DOES IT AFFECT EDUCATION IN INDIA”, Journal: International Journal of Early Childhood Special Education (INT-JECSE), Year: March 2022, Volume: 14, ISSUE 03 2022, ISSN: 1308-5581. PP: 2653-2658 Link: <https://www.int-jecse.net/issue.php?volume=14&issue=31#>
3. Verma, Dr Kiran., “TattavMimmansaNirupan”, Research Journal of Shodh-Pragya (Half Yearly Research Journal UGC Approved, of Uttarakhand Sanskrit University, Haridwar, Issu-15, December 2021, UGC, ISSN:2347-9892. pp : 151-152, vol- 17, (<http://usvv.ac.in/research-journal.php>)
4. Sandeep Kumar, Dr. Kiran Verma “VartamanParipekshamaiSwasan tantra evam rog pratirodhaktchamtakevikashmai pranayama evamvaikalpikchikitsakibhumika” ALOCHANA (UGC Care Group-1 Journal), Vol-62, No. 03, PP: 109-115, Awarded- 03 July 2021, ISSN: 2231-6329, <https://ugccare.unipune.ac.in/Apps1/User/WebA/ViewDetails?JournalId=101002581&flag=Search>
5. Sandeep Kumar, Dr. Kiran Verma “Corona virus ka swasan tantra par prabhavem pranayama se nidan” Kala Sarovar (UGC Care Group-1 Journal), Vol-24-No. 02(F), PP: 36-41, Awarded- April-Jun 2021 ISSN: 0975-4520.
6. Ekta Bhatt, Dr. Kiran Verma “DEVELOPMENT OF TRADITIONAL METHOD OF MEDITATION IN MODERN TIME (A DELIBERATION)” Kala Sarovar (UGC Care Group-1 Journal), Vol-24-No.02(D), PP: 93-98 Awarded- April-Jun 2021 ISSN: 0975-4520.
7. Sandeep Kumar, Dr. Kiran Verma “BhartiyeGranthon Main PranAurUskaVegyanikVivechanPrEkNajar” Kala Sarovar (UGC Care Group-1 Journal), Vol-24-No. 01, PP: 86-88, Awarded- January- March 2021 ISSN: 0975-4520.
8. Parvinder Kaur, Sandeep Kumar, Dr. Kiran Verma “Darshano Mai Yog Evam Ayurveda Ka Mehtva” SHODH SARITA (UGC Approves Care Listed Journal), Vol-08, Issue-29 PP:201-205, Awarded- January-March 2021; ISSN: 2348-2397, date- 13/03/2021 <https://ugccare.unipune.ac.in/Apps1/User/WebA/DisciplinewiseList?DiscpID=4&DiscpName=Multidisciplinary>
9. Parvinder Kaur, Dr. Kiran Verma “SantulitAahaarVaPathya-ApathyaDwaraAadhi- Vayadhiyo Ka Nirupan” Sambodhi (UGC Care Approved Care Listed Journal), Volume-44, Issue-01, Awarded- January-March 2021, ISSN: 2249-6661, pp:428-434

<https://ugccare.unipune.ac.in/Apps1/User/WebA/DesciplinewiseList?DiscpID=1&DiscpName=Arts%20and%20Humanities>

10. Verma, Dr Kiran., “**NadanusandhanVivachan**”, Research Journal of Shodh-Pragya (Biannual Refereed Research Journal UGC Approved, Uttarakhand Sanskrit University, Haridwar, January-Jun 2020, Vol-2, pp: 221-226, ISSN:2347-9892.php <http://usvv.ac.in/research-journal>
11. Sandeep Kumar, Dr. Kiran Verma “**Nauli Kriya DwaraKabj Ka ChikitsiyUpaye**” **Shodh Sarita Journal of Arts, Humanities and Social, Sciences. An International Multidisciplinary Quarterly Bilingual Peer Refereed Research Journal. (UGC Care Approved Care Listed Journal), Volume-7, Issue-28, PP: 203-207 Awarded- October- December 2020 ISSN: 2348-2397.**
12. Sandeep Kumar, Dr. Kiran Verma “**MadhumayeKe Karan VaShatkarmaDwaraChikitsa**” **Kala Sarovar (UGC Care Group-1 Journal), Vol-23-No. 04 (VI), PP: 103-106, Awarded- October- December 2020 ISSN: 0975-4520**
13. Sandeep Kumar, Dr. Kiran Verma “**DamavaUpchar**” **Shodh Sanchar Bulletin Journal of Arts, Humanities And Social Sciences. An International Multidisciplinary Quarterly Bilingual Peer Reviewed Refereed Research Journal (UGC Care Listed Journal), Volue-10, Issue-40, Awarded- October- December 2020 ISSN: 2229-3620.**
14. Parvinder Kaur, Sandeep Kumar, Dr. Kiran Verma “**Upnishadon Mai Yog Evam Ayurveda Ka Mehtva**” **Kala Sarovar (UGC Care Group-1 Journal), Vol-23-No. 04 (VII), PP: 144-148, Awarded- October- December 2020 ISSN: 0975-4520.**
15. Kumar Sandeep &Verma, Dr. Kiran., “**Jal Vasti Kriya se Pet keRogon Ka Nidaan**”,Sambodhi Journal (UGC Care Approved, Peer Reviewed and Referred Journal), Impact Factor: 5.80, Vol-43-No-4(VI), PP: 66-68, Awarded- October-December 2020 ISSN: 2249-6661.
16. Sandeep Kumar, Dr. Kiran Verma “**HathyogGranthomaiSatkaram ka PachanSansthanmaiMehatve**” **PARISHOD JOURNAL (UGC Care Group-1 Journal), Vol-09; PP: 2916-2921, Awarded- Feb.2020; ISSN: 2347-6648. Issu no.-** <https://ugccare.unipune.ac.in/Apps1/User/WebA/DesciplinewiseList?DiscpID=1&DiscpName=Arts%20and%20Humanities>
17. Kumar Sandeep & Verma, Dr. Kiran., “**Shatkarmo Se PachanRogokaNidan**”, International Journal of Physical Education & Sports sciences. An International Indexed peer reviewed & Refereed Journal, Impact Factor:3.58, Vol-14, PP: 76-79, Issue-3, Awarded- 04- June-2019, ISSN:2231-3745.
18. Kumar Rakesh Roshan Parashar & Verma, Dr. Kiran., “**PRAN VIDHYA EVAM USAKI UPAYOGITA**” **International Journal of Research and Analytical Reviews (IJRAR).** An International Open Access Journal, Approved by ISSN and UGC. Vol-06, PP: 01-09, Issue-2, Awarded- April 2019, E-ISSN: 2348-1269, P-ISSN: 2349-5138.
19. Bhatt Ekta & Verma, Dr. Kiran., “**THE IMPORTANCE OF PRANAYAMA IN MEDITATION (A Review)**” **Journal of Emerging Technologies and Innovation Research.** An International Open Access Journal reviewed & Refereed Journal, Impact Factor: 5.87, Vol-06, PP: 1394-1398, Issue-1, Awarded- January 2019, ISSN: 2349-5162.
20. Verma, Dr. Kiran., “**Chetanye Ki Char Avasthaye**”, Research Journal of Shodh-Pragya (Half Yearly Refereed Research Journal, Uttarakhand Sanskrit University, Hridwar, Jan.-

Jun 2019, Vol-2, PP: 158-163,UGC Care List Group(D), ISSN:2347-9892.

21. Kumar Sandeep & Verma, Dr. Kiran., “**Nauli Kriya DwaraKabj Ka ChikitsiyeUpaye**”, Research Journal in Journal of Advances and Scholarly Research in Allied Education, Impact Factor:3.46, Vol-16, PP: 979-983,Issue No.6, May-2019, ISSN:2230-7540.
22. Kumar Sandeep & Verma, Dr. Kiran., “**AshtangaYogBhartiyaGarantho Me YogKaMehattwa**”, National Journal of Advances & Scholarly Researches in Allied Education. An International Indexed peer reviewed & Refereed Journal, Impact Factor:1.6 to 3.46, Vol-16, PP: 1056-1060, Issue- March 2019.
23. Kaur Parvinder&Verma, Dr Kiran., “**Yog Evam Ayurved Mai Man Ki Avastha**”, Research Journal in Journal of Advances and Scholarly Research in Allied Education, Impact Factor:3.46, Vol-16, PP: 975-978,Issue No.6, May-2019, ISSN:2230-7540.
24. Verma, Dr Kiran., “**Pranav Rehasya**”, Research Journal of Shodh-Pragya (Half Yearly Refereed Research Journal, Uttarakhand Sanskrit University, Hridwar, December 2018, Vol-1, PP: 303-309, UGC No.5696 & ISSN:2347-9892.
25. Verma, Dr Kiran., “**Kundalini Vivechan**”, Research Journal of Shodh-Pragya (Half Yearly Refereed Research Journal, Uttarakhand Sanskrit University, Hridwar, June 2018, Vol-2, PP: 295-299, UGC No.5696 & ISSN:2347-9892.
26. Kumar Sandeep & Verma, Dr. Kiran., “**Bhartiya Garantho Me YogkaMehattwa**”, National Journal of Advances & Scholarly Researches in Allied Education.Vol-15, PP: 595-600, Awarded- 11- Nov-2018, ISSN:2230-7540.
27. Verma, Dr Kiran., Dr. Surender Kumar, “**ManorogoKeNivaran Mai AstangYogVarnitNiyam Ka Mehatava**”, in Yogic Management of Life Style DisordersofGurukul Kangri Vishwavidyalaya, Hridwar, March 2017, PP: 169-177, ISBN: 978-93-85981-64-7.
28. Verma, Dr Kiran., Dr. Surender Kumar, “**Jivan Mukti KeLuxan**”, Presented Journal of Shodh-Pragya (Half Yearly-Research-Journal, Uttarakhand Sanskrit University,Hridwar) Jun 2016, Vol-2, PP: 191-196, ISSN:2347-9892.
29. Verma, Dr Kiran., Dr. Surender Kumar, “**VarahopnishadmaiVarnitNadiShodhanPranayam Ki Mehatta**”, Presented Journal of Gurukul-Shodh-Barati (A Refereed Research Journal) Gurukul Kangri Vishwavidyalaya, Hridwar, September 2015, Vol-24, PP: 100-105, ISSN: 0974-8830.
30. Verma, Dr Kiran., Dr. Surender Kumar,“**UpanishadomaiNadi Varnan**”, Presented Journal of Shodh-Pragya (Half Yearly-Research-Journal, Uttarakhand Sanskrit University,Hridwar) December 2015, Vol-1, PP: 67-71, ISSN:2347-9892.
31. Verma, Dr Kiran. & Dr. Surender Kumar, “**Varahopishadmai Yama-Niyama**”, Printed Journal Shodh-Pragya (Half Yearly-Research-Journal, Uttarakhand Sanskrit University,Hridwar) Jun 2014, Vol-2, PP: 133-139, ISSN:2347-9892.

**International Workshops/ Conferences & Seminars
Paper Present:**

1. Presented a paper entitled "**Science and philosophy of TraditionalYoga**" in 9th International Conference on Yoga in Synergy with Science, Jointely organized by

Indian Association of Yoga, New Delhi & Department of Yogic Science, Uttarakhand Sanskrit University, Haridwar; 25-26 February 2023.

2. Participated as a **Resource Person** in 4th International Conference on “**Yoga, Yagya& Ayurveda**” organized by Shriram Yog Training & Research Society, U.P., India and Dev Sanskriti Vishwavidyalaya, Haridwar, U.K., India on December 12-13, 2022.
3. Participated (Online) in “**National Seminar on Yoga for Health, Happiness and Harmony**” organized by Department of Yogic Science Gurukul Kangri (Deemed to be University) Haridwar, Sponsored by Ministry of AYUSH, Govt. of India on 29th to 30th July, 2022.
4. Participated as a **Resource Person** in International Conference on Indian Traditional Yoga System Theory and Practice organized by Department of Yogic Science Gurukul Kangri (Deemed to be University) Haridwar, Sponsored by Ministry of AYUSH, Govt. of India on 24th to 26th May, 2022.
5. Presented a paper entitled "**Spiritual Approach to Yoga**" in International Conference on Role of Yoga and Sanskritam in Human Transformation, Jointly organized by Indian Association of Yoga, New Delhi & Department of Yogic Science, Uttarakhand Sanskrit University, Haridwar; 09-10 April 2022.
6. Participated as a **Resource Person** in International Yoga Conference 2022 organized by DOON YOG PEETH, DEHRADUN, Sponsored by Everest Yoga Institute on 17th March 2022.
7. Presented a paper entitled "**Yoga for Holistic Approach in Education and Skill Development**" in Two Days International Conference on Yoga for Inclusion and Holistic Approach in Education and Skill Development, held at Muni Ki Reti, Rishikesh, Uttarakhand. Being organized by NavyogaSuryodayaSewa Samiti in collaboration with Uttarakhand Ayurved University on 05-06 March 2022.
8. Presented a paper entitled "**Yoga for Physical and Emotional Health**" in International Yoga Conference on “Yoga for Physical, Mental and Emotional Health”, organized by Sarala Birla University, Ranchi-Jharkhand in association with Yoga Alliance International on 25th Jun 2021.
9. Presented a paper entitled "**Science and Philosophy of Yoga and Spiritual Practices**" in International Conference on Revealing Science and Behavioral aspects of Yoga and Spirituality in Special Context of Maha - Kumbha, organized by Indian Association of Yoga, New Delhi & Department of Yogic Science, Uttarakhand Sanskrit University, Haridwar; 20-21Feb. 2021.
10. Presented a paper entitled "**Holistic Health Through Yoga**" in 5thInternational Conference on Human Excellence Through Yoga, organized by Indian Association of Yoga, 22-23 Feb. 2019 at USVV, Haridwar.
11. Presented a paper entitled "**Yoga and Life Style Management**" in 4thInternational Conference on Developing Human Values Through Yoga, organized by Indian Association of Yoga, 24-25 Feb. 2018 at, Haridwar.
12. Presented a paper entitled "**Yoga and Life Management**" in 3rd International Conference on Social Transformation Through Yoga, organized by Indian Association of Yoga, 25-26 March 2017 at,Haridwar.
13. Presented a paper entitled "**Yoga and Ayurveda**" in 2nd International Conference on Yoga and Holistic Health, organized by Indian Association of Yoga, 12-13 March 2016 at DSVV,Haridwar.
14. Presented a paper entitled "**Yoga Shiksha**" in International Conference on Spritual and Yoga Education, organized by Vivek Colleg of Education, Bijnor, 19-20 December 2015.

15. Presented a paper entitled "**Yoga for Youth**" in International Conference on Yoga for Youth, organized by HNB Garhwal University, 30 January 2015.
16. Presented a paper entitled "**KatipayManorogoKeNivaranHetuNiyam Ka Mehatv**" in International Conference on Globalized Scientific Scenario for Yoga, organized by Uttarakhand Sanskrit University, Haridwar; 21-22 November 2012.

National Workshops & Conference/Seminars Attended:

1. Presented a paper entitled "**Contribution of Swami Shraddhananda in Indian Independence movement**" in National Conference on **Role of Yogis in Indian Independence Movement**, Sponsored by ICHR & ICSSR Ministry of Education, Govt. of India, New Delhi Organized by Department of Yogic Science, Gurukul Kangri (Deemed to be University), Haridwar; 27-28 February 2023.
1. Participated in 6th National Workshop on "**Yoga and Vaidik Therapies**" (For Therapeutic Skill Enhancement). Organized by Department of Yogic Science, Gurukul Kangri (A Deemed to be University), Haridwar from 18th to 23rd April, 2022.
2. Participated in 6th National Workshop on "**Yoga and Vaidik Therapies**" (For Therapeutic Skill Enhancement). Organized by Department of Yogic Science, Gurukul Kangri (A Deemed to be University), Haridwar from 18th to 23rd April, 2022.
3. Participated in Ten Days National Workshop on "**ASANA-PRANAYAMA**" For **Advance Skill Enhancement**. Organized by Department of Yogic Science, Gurukul Kangri (A Deemed to be University), Haridwar from 25th March-03rd April, 2021.
4. Participated in two days' Workshop entitled "**Research Methods and Thesis Writing**" organized by Himalayan Garhwal University, Pokhra, Pauri Garhwal, Uttarakhand, held on 23rd-24th April, 2019.
5. Participated in National Workshop on "**Yoga and Alternative Therapies**" organized by Department of Human Consciousness and Yogic Science, Faculty of Medical Science & Health, Gurukul Kangri Vishwavidyalaya, Haridwar from 30 March-05 April, 2017.
6. Participated in 3rd National Workshop on "**Yoga and Alternative Therapies**" organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar from 25-30 April, 2016.
7. Participated in National Workshop on "**Marma Therapy: Principles & Application**" organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar (U.K) from 07-08 December, 2015.
8. Participated in National Workshop on "**Yoga and Purusartha for Integral Development**" organized by IPR Cell, Gurukul Kangri Vishwavidyalaya, Haridwar in association with Faculty of Management Studies & Deptt. Of Human Consciousness & Yogic Science on 20 July, 2015.
9. Participated in 2nd National Workshop on "**Yoga and Alternative Therapies**" organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar from 09-15 March, 2015.
10. Participated in National Workshop on "**Yoga and Alternative Therapies**" organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar from 26 March-01 April 2014.
11. Participated in MarmaChikitsa Workshop on '**MarmaChikitsa**' organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar during 7th-9th November, 2012.
12. Participated in National Workshop on '**Yoga Vidya Pranic Healing**' organized by All India Yoga Vidya Pranic Healing Foundation Trust, during 12th October 2007.
13. Participated in National Seminar on '**Indigenous Techniques in Psychotherapy**' organized by Dev Sanskriti Vishwavidyalaya, Haridwar from 25-27

March, 2011.

14. Presented a paper entitled "**The New Dimension In Nabho Mudra For Memory**" in National Conference on Innovation Trends for Professional Skill Development in Yogic Science, organized by Gurukul Kangari University, Haridwar; 27-28 March 2017.
15. Presented a paper entitled "**Yam-NiyamDwara Vishwa Santi Evam Sadbhavana**" in National Conference on World Peace and Harmony through Yoga, organized by Gurukul Kangari University, Haridwar; 02-03April 2016.
16. Presented a paper entitled "**ManorogoKeNivaran Mai AstangYogVarnitNiyam Ka Mehatv**" in National Conference on Yogic Management of Life Style Disorders, organized by Gurukul Kangari University, Haridwar; 30-31 March 2015.
17. Presented a paper entitled "**Yog Ka Laxan Evam Upyogita**" in National Conference on VartamanSamye Mai Yog Ki Upyogita, organized by PatanjaliYogTrast, Haridwar at 10 April 2014.
18. Presented a paper entitled "**ChamtaNirman Evam Netratva Vikash**" in National Conference on ChamtaNirman Evam Netratva Vikash, organized by P.S.K.S.Degree College Rishikesh, 20-22 March 2012 at Rishikesh.

Training (FIP/FDP/ STTP/RFC)

Participated in the Interdisciplinary Refresher course (99th IDRC) organized by UGC-HRDC, LNIPI, Gwalior from 10-03-2023 to 23-03-2023.

Participated in the Advance Faculty Development Program AICTE Training and Learning (ATAL) Academy Blended/Hybrid FDP on "Academic Leadership" from 2022-19-2022-09-24 to 2022-09-26-2022-09-30 at Gurukula Kangri Vishwavidyalaya, Haridwar.

Participated in the Faculty Induction Programmed (FIP-VII) organized by University Grants Commission Human Resource Development Centre, Kumaun University, Nainital (Uttarakhand) from 11/11/2021 to 11/12/2021 with "A+" Grade.

Participated in the Faculty Induction Programmed (Under the PMMMNMTT Scheme of MHRD, Government of India) H.N.B. Garhwal University, Srinagar **Online Short-Term Training Program** on "Strategies for Implementation of National Education Policy 2020" from December 28, 2021 to January 03, 2022.

Participated in the Faculty Induction Programmed (Under the PMMMNMTT Scheme of MHRD, Government of India) H.N.B. Garhwal University, Srinagar **Online Short-Term Training Program (Faculty Development Program)** on "**Resource, Time & Stress Management**" (With Special Reference to NEP-2020) from 22 February to 28 February 2022.

Participated in one-week orientation program held at Department of yogic science faculty of Medical science and Health, Gurukul Kangri Vishwavidyalaya, Haridwar from 26-31March,2018.

Participated:

1. Participated in the International Yoga Festival organized by Uttarakhand Tourism GMVN,Ganga Resort, Rishikesh from 1st-7th March 2017.
2. Participated in the International Yoga Festival organized by Uttarakhand Tourism GMVN,Ganga Resort, Rishikesh from 1st-7th March 2016.
3. Participated in the International Yoga Festival organized by Uttarakhand Tourism GMVN,Ganga Resort, Rishikesh from 1st-7th March 2015.
4. Participated in the 5th International Festival on Yoga, Culture & Spirituality organized by Dev SanskritiViswavidyalaya, Shantikunj-Haridwar,during October 1st-6th, 2015.
5. Participated in the International Yoga Festival organized by Uttarakhand Tourism

GMVN, Rishikesh from 1st-7th March 2014.

6. Participated in the International Festival of '**Yoga Culture & Spirituality**' organized by Dev Sanskriti Vishwavidyalaya, Haridwar (Uttarakhand), 8-13 March, 2010.
7. Participated in the International Conference on '**Yoga & Health Awareness in modern Scenario**', organized by Department of Human Consciousness & Yogic Science, Gurukul Kangari Vishwavidyalaya, Haridwar; 23-25 March, 2007.

Organizing Program

Organized "7th International Yoga Day" as Coordinator on 21st June, 2021 through online platform in HNB Garhwal University, Srinagar.

Organized One day National Webinar on "Development of Mental Hygiene through Yoga during COVID-19 Pandemic" as Coordinator on 07/06/2021 through online platform in HNB Garhwal University, Srinagar.

Organized Ten days "Yoga Therapy Program for COVID-19" as Coordinator on 01/06/2021 to 02/06/2021 by the Dept. of Naturopathy and Yoga, HNB Garhwal University, Srinagar.

Organized Two days Lecture Series On "Yoga Therapy for COVID-19 Management" as Coordinator on 01/06/2021 to 02/06/2021 by the Dept. of Naturopathy and Yoga, HNB Garhwal University, Srinagar.

Organized "6th International Yoga Day" as Coordinator on 21st June, 2020 through online platform in HNB Garhwal University, Srinagar.

Organized Two days National Webinar on "Protection of Mental Health through Yoga during Pandemic COVID-19" as Coordinator on 16th -17th March 2020 through online platform in HNB Garhwal University, Srinagar.

Awards and Honor/ Participation Championships:

1. Won Second Prize in 5th State Yoga Championship held on 27th October, 2006 at Jairam Ashram, Rishikesh.
2. Won Second Prize in 1st National Women Yoga Championship held on 28th-30th January, 2007 at Shri Mahavir Jain Public School, Kurukshetra (Haryana).
3. Won First Prize in 1st Women Yoga Championship, Organized by Uttarakhand State Women Yoga Association, held on 16th-17th March, 2007 at Jairam Ashram, Rishikesh.
4. Won Second Prize in 2nd National Women Yoga Championship Organized by Women Yoga Federation of India & Uttarakhand State Women Yoga Association held on 08th-10th December, 2007 at D.S.B. International Public School Gumaniwala Rishikesh (Uttarakhand).
5. Won Third Prize in 3rd National Women Yogasanas Championship Organized by Women Yoga Association of Punjab, held on 27th-29th September, 2008 at BBK DAV College for Women, Amritsar (Punjab).
6. Won First Prize in 5th Women State Yoga Championship, organized by Uttarakhand Women Yoga Association, held on 31st October, 2010 at Shri Jai Ram Ashram, Rishikesh.
7. Academic Excellence Award for outstanding and exemplary contribution towards social service and education, in the hilly region of Uttarakhand at Himalayan Garhwal University.

Experience as a Judge:

As a National Judge in 3rd National Women Yoga Championship at DAV College for Women, Amritsar (Punjab), during 27th-29th September, 2008.

As a National Judge in 5th National Women Yogasanas Championship at S.D. College of Commerce, Muzaffar Nagar (U.P.), during 13th-15th November, 2010.

As a National Judge in National Yoga Olympiad Championship at Gayatri Vidyapeeth, Santikunj, Haridwar, during 11th-13th May, 2017.

As a National Judge in National Yoga Championship at Shri Jiram Sanskrit Mahavidyalaya Rishikesh, Organized by Shri Jiram Sanskrit Mahavidyalaya, Department of Yogic Science, during 28th-29th April, 2017.