

CURRICULUM VITAE

Name: Dr. (Mrs.) Rashmita Sabat

As a unique blend of a dedicated yoga practitioner and a scholar with a doctorate in yoga, I offer a holistic approach to wellness that merges ancient wisdom with modern understanding. With a deep understanding of the philosophical, physiological, and psychological dimensions of yoga, my teachings transcend the physical practice to encompass a journey of self-discovery and transformation. Through my extensive research and practical experience, I aim to empower individuals to cultivate not only physical strength and flexibility but also mental clarity, emotional balance, and spiritual harmony.

Academic profile

Qualification	Institute	Board/ University	Year of Passing	Percentage
Ph D (Yoga)	JJT University	J J T University	2022	67 %
M A (Yoga)	K J Somaiya	K K S University	2014	83 %
BBA	PTU	P T University	2012	72 %
HSC	BS Science College	CHSE	2004	40 %
SSC	C D High School	CHSE	2001	46 %

Work Experience:

- **Rashmita's Healing Foundation, Airoli, Navi Mumbai**, June 2021-present
- **The Ashtanga Institute, Mumbai**, Dec-2016 - Dec-2019
- **Independent Yoga Trainer**, Jan-2011- Dec-2016

Papers Published:

- 1) A Comparative Study of Mental Prosperity between House Wives and Working Ladies.
- 2) A Brief Review on Reducing Stress and Improving Mental Health through Yoga.
- 3) Implementing Yoga within the School Curriculum to improve Social Emotional learning and Stress Handling Capabilities of Students
- 4) A Comparative study of Motion Examination of Forehand overhead Clear Stroke and Relationship of anthropometric estimations at the time of Contact Stage in Badminton
- 5) The concept of diet according to Bhagwat Gita
- 6) The role of Yoga in managing Sciatica
- 7) Artificial Intelligence and Big Data in Yogic science: Transforming Technology for holistic well-being.

Other Achievements:

- ✓ Founder & President, Rashmita's Healing Foundation, Airoli, Navi Mumbai
- ✓ Art of living basic course
- ✓ National Seminar on « How to live Younger and Longer » at Dr. DY Patil College of Ayurveda, Nerul.
- ✓ 5 Days Yoga Training session on yoga techniques by Bihar School of Yoga at Dr. D Y Patil College of Ayurveda, Nerul.
- ✓ Member of Pharmacy Council of state of Maharashtra as a Registered Pharmacist.

Honors & Awards:

- **Guru Gaurav Award** by Sathi College Times News Paper, Thane
- **Best Teacher's Award** by KND Bahuuddeshiya Samstha, Nasik

Personal profile

Name	:	Dr. (Mrs.) Rashmita Sabat
Husband Name	:	Mr. Ashok Sabat
Date of Birth	:	16/07/1986
Gender	:	Female
Nationality	:	Indian
Marital status	:	Married
Languages known	:	English & Hindi
Phone	:	9967504832
Email	:	rashmitasabat@gmail.com
Address	:	Airoli, Navi Mumbai (Maharashtra) Pin-400708

Declaration:

I hereby declare that the information furnished above is true to the best of my knowledge.

Date:

Place: Airoli, Navi Mumbai

Signature