

## NAMRATA CHOUHAN

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**Mob no .** :9770031825

**Adress** : Near Hanuman mandir, Dwarkanagar, Badora,  
Betul, MP 460001

**Date of Birth** : April 15<sup>th</sup>, 1996

**Marital status** : Unmarried

**Gender** : Female

**Nationality** : Indian



**Objective-** To inspire people through the practice of Yoga to connect with their own personal wisdom healing abilities and expansive potential, at the same time secure a role of Assistant Professor and posses professional experience in the field of Yoga.

### QUALIFICATION

SN	EDUCATION	BOARD	Passing year	SUBJECTS	RESULT
01.	JRF	UGC NET Dec 2020	2020	Yoga	68%
02.	UGC NET	UGC NET Dec 2019	2019	Yoga	62%
03.	UGC NET	UGC NET Dec. 2018	2018	Yoga	63%
04.	UGC NET	UGC NET June 2018	2018	Yoga	67%
05.	UGC NET	UGC NET Nov. 2017	2017	Yoga	70%
06.	Course work Ph.d	Sanchi University of Budhist-Indic Studies Raisen, MP	Registration/Admission - July 2018 Submission- 09/12/21 Award	Yoga (Tittle: योगोपनिषदों में प्रणव की अवधारणा: एक विवेचनात्मक अध्ययन)	9.5 CGPA
07.	Post Graduation	Dev Sanskriti Vishwavidyalaya Haridwar	2018	Yoga, Mathematics & Computer	72%

08.	Under Graduation	Dev Sanskriti VishwaVidyalaya Haridwar	2016	Yogic Science and Holistic Health	68.35%
09.	Higher Secondary	MP Board	2013	Maths, Physics, Chemistry, biology	83.2%
10.	High School	MP Board	2011	Maths, Science, Social Science, English, Hindi & Sanskrit	84%

### List of Research Papers & Articles published in ugc care/ peer reviewed journals:

1. योगोपनिषदों में उद्धृत प्रणवः एक अध्ययन, **Drishtikon journal**, Vol 13, issue1, jan-feb 2021, pp-1682-1687, **ISSN: 0975-119X**
2. प्रणव ध्यानः योगोपनिषदों के आलोक में, **Drishtikon journal**, Vol 12, issue1, jan-feb 2020, pp-626-630, **ISSN: 0975-119X**
3. निद्रारोग और उनका यौगिक उपचार, **Sahitya Samhita** peer reviewed Hindi Jovolume 6, issue 3, march 2020, pp 6-13, **ISSN 2454-2695**
4. सार्वभौमिकता के लिए माण्डुक्य उपनिषद् में वैश्वानर विद्या की अवधारणा, **International Journal of Research in Social Science**, volume 8, issue11(1), Nov. 2018, pg 366-372, **ISSN 2249-2496**
5. पंचकोश एवं समग्र स्वास्थ्यः एक विमर्श, **International Journal of Innovation in Engeeniring Research and Management**, volume 7, special issue 04(ICMCSEH-2020), may 2020, pp 45-49, **ISSN:2348-4918**
6. माइग्रेन रोग के उपचार में योग एवं वैकल्पिक चिकित्सा: एक विश्लेषणात्मक अध्ययन, **International Journal of Research in Medical science and Technology**, volume 6, July 2018
7. हंसोपनिषद् में सोऽहम् नाद साधना, **International Education and Research Journal**, volume 6, issue 9, sep 2020, pp-103-105, **E-ISSN no: 2454-9916**

## List of Research Papers presented in seminar/conferences-

1. उपनिषदों एवं बौद्ध साहित्य में ओम: एक विमर्श, National Seminar on Historical Prospective on Early Buddhism, Sanchi University of Buddhist-Indic Studies Raisen
2. उपनिषदों में प्रणव का स्वरूप, International Day of Yoga 2020, Dr. Harisingh Gour University Sagar
3. योग उपनिषदों में विज्ञान और अध्यात्म का अनुठा समन्वय, बहुविषयक अंतर्राष्ट्रीय संगोष्ठी, भाषा संस्कृति एवं पर्यावरण प्रयोग, संरक्षण एवं अवलोकन, रूपी सिराज कलाम मंच, साधना स्थली, कुल्लु, हिमाचल प्रदेश
4. प्रणवोपासना और मानव चेतना का संबंध: एक विवेचनात्मक अध्ययन, अखिल भारतीय दर्शन-परिषद्, 65वाँ राष्ट्रीय अधिवेशन, केन्द्रीय विषय- सर्वोदयी चिंतन परंपरा, महात्मा गाँधी अंतर्राष्ट्रीय हिंदी विश्वविद्यालय, वर्धा, महाराष्ट्र

## Chapter in edited Book

1. योग उपनिषदों में विज्ञान और अध्यात्म का अनुठा समन्वय, 2021, pg no. 128-132, Indian Folk Traditions & Environment, Dr. Dayanand Gautam and Dr. Meena Kumari, R.D. Publications, Jalandhar, ISBN: 978-81-952545-7-6

## Guest lecture-

Marma therapy: Self Healing Management, Organized by Department of Yoga and Naturopathy (Faculty of Ayurvedic Science), Jyoti Vidyapeeth Women's University, Jaipur, Rajasthan on 15<sup>th</sup> January 2022

## Work experience-

1. Working as Assistant professor, Dept. of Yoga and Naturopathy, Sarala Birla University Ranchi, Jharkhand, from 12 Nov. 2021 to till now
2. Work in DMS, Regional Institute of Education, Bhopal, as a work experience teacher from 24 Aug 2021 to 29 Oct. 2021
3. As a research scholar teaching experience (MA/MSC yoga students) of 2 year, at Dept of Yoga and Ayurveda, Sanchi University of Buddhist-Indic Studies, Sanchi MP, From March 2019 to April 2021

## Refrence-

1. Dr. Upendra Babu Khatri, HOD, Dept. of Yoga, Sanchi University of Buddhist- Indic Studies, [upendrababukhatri@gmail.com](mailto:upendrababukhatri@gmail.com)
2. Dr. Sham Ganpat Tikhe, assistant professor, SUBIS, [rudranath29@gmail.com](mailto:rudranath29@gmail.com)
3. Dr. Sureshlal Barnwal, HOD, dept of Yoga, DSVV

**Place-** Betul

**Namrata Chouhan**