

CURRICULUM VITAE

Dr. Radhika Chandrakar

Designation: Assistant Professor

Shri Rawatpura Sarkar University, Dhaneli, Raipur (Chhattisgarh)

E-Mail Id - radhika131290@gmail.com

Mob. - 08462064118, 07999630869

**Personal detail:**

Date of birth-	13 Dec.1990
Nationality :	Indian
Marital Status :	Married
Husband's Name:	Mr. Purnendra Chandrakar
Address-	Village- Khopali, Post- Ghunchapali (Bagbahara), Distt- Mahasamund (C.G.)

Objective:

- To excel in yogic field with best efforts.
- To pursue and continue research in yoga for the service of humanity.

Strengths : Faith, strong wills patience, discipline and self-confidence.

Language Known : Hindi , English, Sanskrit,

Academic qualifications:

Sn.	Qualification	University	Year	Subjects	Percentage
1.	10th	CG board Raipur	2006	General	74%
2.	12th (10+2)	CG board Raipur	2008	Physics, Chemistry, Mathematics, Hindi, English	72%
3.	B.Sc.	D.S.V.V. Haridwar (Uttarakhand)	2011	Yoga, Psychology, computer	68%.
4.	M. Sc.	D.S.V.V. Haridwar	2013	Yogic science	70%
5.	Diploma In Nutrition & Health Education	Indira Gandhi national open university new Delhi	2012	Diet, nutrition	54%
6.	PGDCA	C.V. Raman University Bilaspur C.G.	2014	Computer Application	60%
7.	Ph.D. (yoga)	D.S.V.V. Haridwar	Awarded in April, 2017	Topic: A study on the effect of yogic-spiritual package on pregnancy outcomes	
8.	Net in yoga	UGC	January 2017	Qualify	
9.	Other: Classical Singing	Shri Krishna Sangeet Mahavidyalaya Dhamtari (C.G.)	2006	Second year Pass with second division	

Published Research Papers

S.N O.	Title	Name of Journal	National/ international	Date/Year	ISSN no.
1	To study the effect of integrated yoga on stress during pregnancy	Imperiol Journal of Interdisciplinary Research (IJIR)	International	Vol-2,Issue-9,2016	ISSN:2454-1362
2	The psycho-spiritual effects of punsavan sanskara on pregnant mother and foetus	International Journal of Science and Consciousness	International	August 2016, 2(3), 1-12	eISSN: 2455-2038
3	A study on the effect of integrated yoga on labor pain	International Journal of Yoga And Allied Science	International	VOL-6,ISSUE-1, MARCH 2017	ISSN: 2278-5159,
4	A study on the effect of integrated yoga on the type of delivery	Studies in Indian Place Names	International	Vol-40-Issue-74-March-2020	ISSN: 2394-3114
5	A study on the effect of yogic intervention during pregnancy on birth weight of new born child	Tathapi (UGC care journal)/ eduindex	International	Vol-19-Issue-21-May-2020	ISSN: 2320-0693
6	A Study On The Effect Of Integrated Yoga On Pregnancy Complications	International Journal of Advance Research and Innovative Ideas In Education (IJARIIE)	International	Vol-6 Issue-3 2020	ISSN(O)-2395-4396
7	A Study on The Effect of Nādyog on Mental Health of Students	Tathapi (UGC Care Journal)	International	Vol-19-Issue-55-June-2020	ISSN:2320-0693
8	A study on the impact of aatmabodh- tattvabodh sadhana propounded by Pt. Shri Ram Sharma Acharya on self- concept of students	International journal of all research education and scientific research methods (IJARESM)	International	vol-8, issue-7 July 2020	ISSN: 2455-6211
9	A study on the effect of naadyoga on anxiety level	The journal of oriental research madras	International	Vol -XCII-II 2021	ISSN: 0022-3301
10	Yogic management for Pre-Menstrual Syndrome: A review	Kala: The journal of Indian art history congress	International	Vol- 27, No. 1 (I) 2021	0975-7945
11	यौगिक व प्राकृतिक चिकित्सा द्वारा मासिक धर्म से संबंधित समस्याओं का प्रबंधन	Sambodhi	International	Vol- 44, no-01(III) 2021	2249-6661

Presented Research Papers:

- “A Comparative Study of Self-Confidence Level Between The High and Low Academic Achievement of Students.” paper presented (Abstract published in souvenir) in National Seminar 2010 on Psychology organized by D.S.V.V. Haridwar.
- “A study on the effect of pragyayog on the stress level of students.” paper presented (Abstract published in souvenir) in National Yoga Week 18-24 February 2013 at Morarji Desai National Institute of Yoga.
- “A study on the effect of yogic intervention on labour pain in pregnancy.” Paper presented in National Conference on **Yoga for wellness in life**, 9-11 march 2015 at Haridwar, organized by DSVV Haridwar and Indian Association of Yoga New Delhi.
- “A study on the effect of yogic package on Menstrual Disorders.” Paper presented in International **Conference on Yoga and Holistic Health**, 12-13 march, 2016 at Haridwar, organized by Indian Association of Yoga New Delhi.

Participation:

- International yoga festival (yoga, culture and spirituality), 8-13 march 2010 at DSVV Haridwar.
- 10th State Yoga Championship 2010-11 organized by Uttarakhand State yoga association in Sunday 30 January 2011.
- Attending the weekly classes of physiotherapy organized by training cell, 2012, Dev Sanskriti Vishwavidyalaya Haridwar.
- International yoga festival, Rishikesh (1-7 march, 2014).

Seminar, Conference & Workshops Attended:

- Sensitization workshop for prohibition of pre-natal determination of sex of foetus. (22 march 2009) supported by NSS, dept. of medical, health and family welfare, Uttarakhand. At dsvv Haridwar.
- Workshop on “Marma Chikitsa” organized by Department of human consciousness & Yogic Sciences (School of yoga & health) D.S.V.V. Haridwar, During March 24th-25th, 2012.
- International Conference on Yoga and Holistic Health, organized by Indian association of

yoga new delhi,12-13 march 2016, Haridwar (Uttarakhand)

- Coordinator of National seminar on Yogic Way of Holistic Health and Wellness, 7-8 Dec. 2019, Organized by Dept. Of Yoga, Shri Rawatpura Sarkar University, Raipur (C.G.)
- National seminar on Recent Trends in Yoga: Socioeconomic, Scientific & Global Perspective, 11 Jan. 2020, organized by IQAC & NAAC Committee Government Pataleshwar Collage, Masturi, district- Bilaspur (C.G.)
- Two days international webinar on health challenges during COVID-19 Pandemic and Lockdown Period and their Yogic situations, organised by department of yogic science and naturopathy , Mahapusha Srimanta Sankerdeva Vishwavidyalaya on 20th and 21st may 2020.
- National webinar on “New Education Policy: Prospects and Challenges” organized by Dr. Ram Manohar Lohia Avadh University, Ayodhya, U.P. (Aug. 27-28, 2020).
- Faculty Development Program on Education Policy and Self reliance in the changing Indian scenario. Organized by Shri Rawatpura Sarkar University Raipur (Aug. 4, 2020).

Yoga Camps:

S.N.	Place	Days	Theme
1	Female Central Jail Durg Chhattisgarh	1 st to 5th June, 2009	Yoga, Health, life management and stress management all ladies prisoner and deep yagya
2	Girls I.T.I. collage, korba, Chhattisgarh	6 th to 11th June, 2009.	Yoga, Health, life management and DIYA for all Girls Student
3	Kasturba Ganghi Girls Hostel, Ichhawar, Dist Sehor (M.P.)	1 st to 5 th july, 2013	How to improve flexibility, memory and concentration
4	Sub jail Harda M.P.	6 th to 10th july, 2013	Yoga, Health, life management and stress management and deep yagya
5	SanskarVidhyapeeth, chhipanerroad, Harda (M.P.)	11 th to 15 th july., 2013	Yoga for children
6	Servite Convent Sr. Sec. School,Hoshangabad(M.P.) 2013	16 th to 22 th july.,	Yoga for adolescents
7	Sant. S.R.S.public hr. sec. school Ganjbasoda, Distvidisha (m.p.),	26st to 30th july., 2013	How to reduce examination stress through yoga

Certificates	Field of Specialization
<ul style="list-style-type: none"> • Physiotherapy. • Marma Chikitsa • Yoga culture & spirituality 8th to 13th march 2010. • Haridwar Mahotsav 2009, 8th to 14th November • 4 th international conference and Gathering of the elders organized at Dev Sanskriti Vishwavidyalaya haridwar during March 3 rd to 7th 2012. • 	<ul style="list-style-type: none"> • Yoga Training, Teaching, Therapy & Research • Hath Yoga- Asana, Pranayama and Cleansing practices • Dhyana Yoga (Meditation) and Motivation Programme • Yoga Philosophy • Acupressure • Naturopathy • Karmakand (Ritual Sacraments)

References:

• Dr. Suresh lal Barnwal

Head, school of yoga and health at Dev Sanskriti Vishwavidyalaya, Haridwar, [email-suresh.barnwal@dsvv.ac.in](mailto:suresh.barnwal@dsvv.ac.in), contact no.- 09258369627.

• Dr. Kamakhya Kumar

Dean, Faculty of Philosophy and Head Department Of Yoga At Uttarakhand Sanskrit University, Haridwar, email- kamakhya.kumar@gmail.com.

I hereby declare that the given information is true to the best of my knowledge & belief.

Date:

Place:

Dr. Radhika Chandrakar