

CURRICULUM VITAE



Name : - **Varun Ahuja**

Current Designation : - Faculty of Yoga at Maharishi Panini Sanskrit
Evam Vedic University, Ujjain (M.P.) (2021-
Present)

Residential Address : - 301, Rishi Kuteer, Near Noble Public School,
Khajrana, Indore (M.P.)

E-mail ID : - ahujavarun15@gmail.com

Contact Number : - 9009043430

Date of Birth : - 29.08.1994

Field of Specialization (1) Yoga Therapy
(2) Yoga for Weight Management
(3) Anatomy and Physiology
(4) Patanjali Yoga Sutra

Internship : - 1 year at Nisha Joshi Yoga Academy, Indore.

Teaching Experience : - 2 years

Yoga Practical : - 5 Years

AWARDS:-

DATE	NAME	ORGANISED BY	VENUE
8 th June,2019	Award for the Best Trainer-2018 in Yoga	Research Foundation of India	Acropolis Institute of Management Studies and Research, Indore (MP)

Work Experience: -

S.no.	School/Institution/ University	Duration
1	Faculty of Yoga at Maharishi Panini Sanskrit Evam Vedic University, Ujjain (M.P.)	2021- Present
2	Yoga and Acupressure Therapist at Arunabh Centre for Differently able Children, Indore	2019-2020
	Yoga Teacher at Oranges International School, Indore	2017-2021
3	Faculty at Nisha Joshi Yoga Academy, Indore	2016-2021
4	Committee Member at Yog Ganga Yogic, Scientific and Spiritual Research Foundation, Indore.	2016-2021

Academic Qualification:-**From Highest Degree to High School**

<u>EXAMINATION</u>	<u>BOARD / UNIVERSITY</u>	<u>YEAR</u>	<u>DIVISION</u>	<u>SUBJECTS</u>
Ph.D. (Pursuing)	Pacific University, Udaipur	2019	--	Yoga
National Eligibility Test (NET)	U.G.C.	2020	1 st	Yoga
Masters in Yoga	D.A.V.V., Indore	2018	1 st	Yoga
PG Diploma in Yoga Therapy	D.A.V.V., Indore	2016	1 st	Yoga
Diploma in Acupressure Science (Batch Topper)	The Open International University for complimentary Medicines, Medicina Alternative, Colombo	2017	1 st	Acupressure
500 Hours International Yoga Teacher's Training Certificate Course	Yoga Alliance/The Yoga Institute/ Indian Yoga Association	2019	1 st	Yoga
Yoga Therapy Certificate Course	Shivam Yoga Therapy	2017	1 st	Yoga
Bachelor of Commerce	D.A.V.V., Indore	2015	1 st	Commerce
Asthang Vinyasa and Hath Yoga Certificate Course	Sunder Bai (SBPASS), Indore	2017	1 st	Yoga
12 th	C.B.S.E. Board, New Delhi	2012	1 st	Commerce
10 th	C.B.S.E. Board, New Delhi	2010	1 st	All Subjects

Examination Work:

PARTICULARS	DATE	Name of the University
Question Paper and Answer-sheet checking	07-02-2022	Vikram University, Ujjain
Exam Duty	28-01-2022, 29-01-2022, 31-01-2022, 3-02-2022	Maharshi Panini Sanskrit Evam Vedic Vishwavidyalaya, Ujjain

INVITED LECTURES DELIVERED Key Note Speaker/ Guest Speaker:

TOPIC	DATE	NAME OF INSTITUTION
Increasing Fitness Level through Pranayams and Asanas (Guest Speaker)	19.12.2016	SDPS Women's College, Indore (M.P.)
2 Days International Webinar on Different Dimensions of Personality Development. Topic- Practical Application of Personality Development Through Yoga. (Keynote Speaker)	11.07.2021	Nisha Joshi Yoga Academy and Yoga Ganga Yogic, Scientific and Spiritual Research Foundation
2 Days Free International Webinar on Yoga and Alternative Therapy for Anxiety and Depression (Guest Speaker)	26.09.2021	Nisha Joshi Yoga Academy and Yoga Ganga Yogic, Scientific and Spiritual Research Foundation
Yoga and Mental Health (Guest Speaker and Practical Session)	22.10.2021	Prestige Institute of Management and Research Department of Law

PUBLICATION: -

AUTHOR	TITLE OF THE PAPER	JOURNAL	VOL. NO.
Author	Importance of Yam of Yoga Darshan in Education.	International Journal Horizons in Art Design and Education	ISSN: 2349-4417 Vol-1. 2016.

Author	Yoga in the Present Scenario	Entire Research: International Research Journal, (Special Issue January, 2017)	ISSN: 0975-5020
Author	Impact of Kapal Bhati Kriya in Weight Management	7th International Conference Souvenir	Impact Factor:2.359 ISBN: 978-81-947207-5-1
Author	Yoga for Pregnant Women	Galaxy of Yoga The 6 th International Yoga Convention, Competition and Festival	ISBN: 978-81-936215-0-9
Author	Role of Yoga in Curing Diabetes	International Journal Horizons in Art Design and Education	ISSN: 2349-4417 Vol-1, 2017
Co- Author	Effect of Yoga Therapy on Obesity in Household Women	Peer Reviewed International Multilingual Research Journal	Issue-40, Vol-1, Oct. to Dec. 2021 ISSN: 2319 9318 Impact Factor-7.940(IJIF)
Co- Author	Role of Portion Control in Weight Management	Peer Reviewed International Multilingual Research Journal	Issue-42, Vol-02, April to June 2022 ISSN: 2319 9318 Impact Factor-8.14(IJIF)

WORKSHOPS CONDUCTED:-

TOPIC	DATE	NAME OF INSTITUTION
Overall Health and Fitness through Yoga	16 th to 20 th January, 2017	Yash Technologies, Indore
Yoga Training Camp	15.06.2017 to 21.06.2017	School of Yoga, D.A.V.V., Indore (M.P.)
Importance of Yoga in Present Scenario in Relation to Health	21.06.2017	Shree Umiya Kanya Mahavidhyalya Rau, MP
Health Benefits of Surya Namaskar	12.01.2018	Oranges International School, Indore

Surya Namaskar as a Regular Morning Prctice	12.01.2018	Pioneer Convent School, Indore
Health Management Through Yoga	21.06.2018	Nisha Joshi Yoga Academy, Indore
Role of Yoga in Weight Management	21.06.2019	Nisha Joshi Yoga Academy, Indore
Role of Yoga in Stress Management, Female Problems and Obesity	21.06.2019	Arunabh Center for Differently Able, Indore (M.P.)
Yoga Practices in Covid-19 times	21.06.2020	Symbiosis University of Applied Sciences, Indore (M.P.)
Scientific Impact of Yoga Practice on the Human Immune System	20.06.2021	GOPIO, France Metropopole.
Yoga Practice for High BP	14.06.2021 to 21.06.2021	Rashtriya Shikshak Sanchetna
75 Crore Surya Namaskar Workshop	11-01-2022 to 5-02-2022	Ministry of Ayush, Govt. of India

WORKSHOP / CONFERENCE / SEMINARS: - [As Participation]

DATE	NAME OF THE CONFERENCE / WORKSHOP /SEMINARS	ORGANISED BY	VENUE
24 th -26 th October, 2015	3 rd International Dharma – Dhamma Conference 66, "Harmony of Religious Welfare of Human kind"	M.P. Govt.	Indore
12 th – 13 th March, 2016	International Conference on Yoga and Holistic Health	Indian Association of Yoga	Haridwar, U.K.
23 rd April, 2016	National Seminar on role of fine arts and yoga in improving Human Development	Department of Yogic Studies Himachal Pradesh, Shimla	Shimla
29 th -30 th August, 2016	2 Day National Workshop on blend of Yoga in Education	SDPS Womens College, Indore	Indore
20 th -26 th , March 2017	National Workshop on Yoga and Psychosomatic Health	Department of Philosophy, Mata Jija Bai Govt. P.G. Girls College, Indore	Indore
8th March 2020	Global Pride Women's Award and National Seminar, 2020 on Health	Nisha Joshi Yoga Academy	Indore

	Management for Prevalent Psychophysiological Disorders in Women		
17th September 2020	International E-Conference on Challenges of Teaching Hindi in the Global Reference	Central Hindi Institution	New Jersey, America
17th-19th September 2020	Technical words, Cyber Privacy, Online works, Process and Results at Covid Times	Ministry of Education, Government of India	Rajasthan
20th September 2020	One day National Webinar on National Policy 2020	Shri Agrasen Mahila Mahavidyalaya	Azamgarh
21st - 24th September, 2020	International Webinar on Yoga and Wellness during Pandemic Situation	Department of Physical Education and Sports, Thanjavur	Thanjavur
22nd September 2020	One Day National E-Conference on Challenges and Scope of Hindi: in 21st Century	Department of Hindi Mahatma Gandhi Central University Bihar	Bihar
24th September 2020	E- Conference on Change of work culture in future with impact of pandemic situations	Department of Commerce and Business Administration, Kodaikanal	Kodaikanal
25th September 2020	One day National Webinar on New Education Policy 2020 : Issue and Challenges in Higher Education	Department of Commerce & Management, Dr. Anna Saheb GD Bendale Mahila University	Jalgaon
26th September 2020	National Webinar on Promoting Reflective Thinking in Teachers	Tamil Nadu Teacher Education University, Chennai	Chennai
27th September 2020	International Webinar & Faculty Development Program on lighting effective management case studies	Department of Commerce Manipal Academy of Higher Education	-
29th September 2020	One day National Webinar on How to Right Technical Research Paper	IQAC & Department of Commerce and Management ATNCC Shivamogga	Shivamogga

8th to 14th October 2020	International Online Workshop on Research Methodologies for Social Sciences and Humanities	Center of Capacity Building Programmes for Social Teachers, Tamil Nadu Teacher's Edu. University	Chennai
17 th October 2020	International Webinar on Present and Future Prospects of Stem Cell Biology	Vikrama Simhapuri University	Nellore, A.P.
5 th November 2020	One Day Virtual National Webinar on Etiquette in Research and Academic Publishing	Pillai College of Arts, Commerce and Science	Mumbai
7 th March 2021	International Seminar on Life Management Through Yoga	Nisha Joshi Yoga Academy	Indore
9 th May 2021	National Webinar on Role of Yoga and Ayurveda in Covid-19 Pandemic	Department of Yoga Faculty of Arts, Shri Rawatpura Sarkar University	Raipur, India
9 th May 2021	National Workshop on Philosophy of Yogic Shatkarma	Sahu Ram Swaroop Mahila Mahavidhyalaya	Bareilly
11 th May 2021	National Virtual Conference on Importance of Yoga in Covid-19	Sahu Ram Swaroop Mahila Mahavidhyalaya	Bareilly
10 th to 16 th May 2021	7 Days National Workshop on Pregnancy: Yoga and Wellness	Department of Yoga Faculty of Arts, Shri Rawatpura Sarkar University	Raipur, India

24 th and 25 th August 2021	International Web Conference on Yoga for Health and Mental Fitness	Smt. C.K. Goyal Arts and Commerce College	Dapodi, Pune
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WORKSHOP / CONFERENCE / SEMINARS: - [As a Presenter/ Trainer]

DATE	NAME	ORGANISED BY	VENUE
12 th – 13 th April, 2016	National Seminar on Role of Moral Deterrence in Individual Social and Cosmic Life of Human Being. [Title: Role of Yoga Darshan in Development of Moral Values]	School of Studies Philosophy Vikram University, Ujjain (M.P.)	Ujjain
26 th – 27 th Dec. 2016	5 th International Yoga Convention on Recent Trends and Innovations in Yoga Science Physical Education and Sports Sciences [Title : Yoga in the present scenario]	Parmanand Institute of Yoga Science and Research, Indore (M.P.)	Indore
23 rd and 24 th Dec. 2017	6 th International Yoga Convention, Competition and Festival Yoga Education and World Peace (Title: Yoga for Pregnant Women)	Parmanand Institute of Yoga Science and Research, Indore (M.P.)	Indore
30 th Nov. and 1 st Dec. 2019	National Conference on A Lifestyle Management in Physical Education and Yogic Sciences. (Title: Yoga For Weight Management)	St. Paul Institute of Professional Studies, Indore (M.P.)	Indore

18-19th January 2020	8th International Yoga Festival, Conference & Competition (Title: Role of Dynamic Surya Namaskar & Diet in Weight Management)	Parmanand University Trust, Indore (M.P.)	Indore
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Workshops/ Seminars/ Conferences: (As a Coordinator)

Date	Name	Organized By	Venue
13 th to 19 th April, 2021	International Virtual Workshop on Yoga for Immunity During Covid Times	Nisha Joshi Yoga Academy and Yog Ganga Yogic, Scientific and Spiritual Research Foundation	Indore
14 th to 21 st June, 2021	8 Days International Webinar on Holistic Health on Different Aspects and Elements of Therapeutic Yoga	Nisha Joshi Yoga Academy and Yog Ganga Yogic, Scientific and Spiritual Research Foundation	Indore
10 th and 11 th July, 2021	2 Days International Webinar on Different Dimensions of Personality Development	Nisha Joshi Yoga Academy and Yog Ganga Foundation, Indore	Indore
8 th August, 2021	1 Day International Webinar on Scientific Role of Yoga and Naturopathy in Pregnancy	Nisha Joshi Yoga Academy and Yog Ganga Yogic, Scientific and Spiritual Research Foundation	Indore