**Dr. Ankit Sharma**

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**(ASSITANT PROFESSOR)**

**UNIVERSITY:** Swami Rama Himalayan University,

Swami Rama Nagar, Jolly Grant,Dehradun (UK).

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Majri Mafi, Navada Road, Mohkampur, Dehradun(UK)

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**AREA OF INTREST: Tantra Yoga, Naad Yoga, Advance Hath Yoga Practice.**

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**EDUCATION:-**

**2020 Date Ph.D In Yoga Science**

Dr. Harisingh Gaur University

Supervised by Prof. Ganesh Shankar

**Thesis Title:** तन्त्रयोग में वर्णित नाद का विश्लेष्णात्मक अध्ययनA

**2015 Date Post Graduation in Yoga Science(First Class)**

Uttrakhand Sanskrit University

**2016 Date Diploma in Yoga and Naturopathy**

Dr. Harisingh Gaur University

**2013 Date Diploma in Yoga Science**

Morarji Desai National Institute of Yoga Science

**2012 Date Graduation in Navya Vyakran(Sanskrit)**

Morarji Desai National Institute of Yoga Science

**Professional Working/Teaching Experience:-**

**Place & Duration:-**

1. MP Bhawan and Madhyanchal Bhawan (Government of MP) New Delhi. (18/06/2015 - 20/11/2015).
2. Morarji Desai National Institute Of Yoga, New Delhi. (10/10/2015 to 21/11/2015).
3. Dr.Hari Singh Gour Vishwavidyalaya, Madhya Pradesh (02/11/2018 to 30/07/2019).

**Present Employer:-**

* Assistant Professor in Swami Rama Himalayan University, Swami Rama Nagar, Jolly Grant, Dehradun (UK).

**Participation in National/International Events:-**

1. National Yoga Week,,MDNIY, NEW DELHI (12-18 Feb. 2014)
2. North Zone Inter University Competition, Kukshetra (10-17 Feb. 2013)
3. Inter University Competition, Kukshetra (16-18 march 2017)

**Other Relevant Information:-**

1. UGC NET Qualified in Yoga (July 2018).
2. Participated in AYUSH Arogya Program as a Yoga demonstrator in Odessa.
3. Participated in AYUSH Arogya Program as a Yoga demonstrator in Bangalore.
4. Participated in Three days workshop Program on ‘Yoga & Wellness’ sponsored by UGC. Sagar,(MP).
5. Conducted Yoga training camp in ‘Mayur Public School’ in New Delhi.

**National/International Paper Presented:-**

1. Intentional Seminar on ‘World In Sanskrit, Sanskrit in World’ (संस्कृते विश्वं, विश्वे संस्कृतम्) organized by Dept. of Sanskrit,(DHSGU),Sagar (MP)
2. International Seminar on ‘Yoga For Youth’ organized by Swami Vevekanand University, Sagar (MP).
3. International Seminar on ‘हिंदी भाषा की परम्पराएं: प्रयोग एवं संभावनाएं’ conducted by Dept. Of Hindi, (DHSGU) Sagar, (MP)
4. National Seminar on ‘Concept of Yoga in Ancient Indian Culture’ conducted by Dept. Of Ancient Indian History Culture and Archeology, (IGNTU) Amarkanthak, (MP)
5. National Seminar on ‘Gender, School and Society; Issues and Challenges’ conducted by Dept. Of Education, (DHSGU) Sagar,(MP).
6. National Seminar on ‘भारतीय-भाषाओं की एकात्मता और वैज्ञानिकता’ conducted by Dept. Of Hindi Language, (DHSGU) Sagar, (MP)
7. National Seminar on Emerging Trends of Research in Yoga & Naturopathy organized by (CCRYN), New Delhi.

**Paper Published:-**

1. Sharma, Ankit, 2018. **‘तंत्रयोग में वर्णित विभिन्न ध्यान पद्धतियों में नाद’,** Shodh Manthan, ISSN (P): 0976-5255. <http://anubooks.com/?page_id=4725>
2. Sharma, Ankit, 2018 **‘तंत्रयोग की परम्परा’,साहित्य सरस्वती** ISSN 2393-9362.
3. Sharma, Ankit, 2018, **‘तंत्रयोग की अवधारणा एवं भ्रांतियां’,** Review of Research, ISSN 2249-894X.
4. Sharma, Ankit, 2021 **‘संस्कृत साहित्य में तन्त्रयोग की अवधारणा’,** Journal of Interdisciplinary Cycle Research, ISSN NO: 0022-1945, / web : http://jicrjournal.com /
5. Sharma, Ankit, 2021 ‘Importance of Yoga in boosting Immunity’, The International Journal of Analytical and Experimental Modal analysis, ISSN NO: 0886-9367, / web : http://ijaema.com /
6. Sharma, Ankit, 2021 **‘प्राण तत्त्व एवं प्राणायाम’**, Wutan Huatan Jisuan Jishu, ISSN NO: 1001-1749, web : <http://wthtjsjs.co//>
7. Sharma, Ankit, 2022 ‘**सांख्य दर्शन के अनुसार वैचारिक प्रक्रिया का विश्लेषण’**, Shodhsamhita, ISSN No. 2277-7067, Volume No. IX, Issue 1, 2022-2023.

**Details of Awards/Certificates:-**

1. Won a Gold Medal in Yoga Championship 2013 in district level Competition.
2. Got First Position in Yoga Demonstration in IYD at Dr.Harisingh Gour Vishwavidyalaya.
3. Got second Price on Oral Presentation On Vivekanand Jayanti.
4. Got Third Price on speech on Vedant Darshan .

**Special Achievements:-**

1. Conducted Four days Yoga Training Camp on NATION BOOK TRUST, New Delhi.
2. Conducted Three days Yoga Training Lecture and Demo Session in Army Base Camp in Sagar, (MP).
3. Conducted Three days Yoga Camp on Jawaharlal Nehru Police Academy, Sagar, (MP).
4. Worked as a Yoga Coach For Central university, DHSGU, (MP).
5. Participated as Guest Speaker from Gandhi Darshan and Smriti Samiti on the occasion of International day of yoga.
6. Participated as Guest Speaker from Medicaps Medical University in Indor on the occasion of International day of yoga.

**31/03/2022  (**Date)(Signature)