**RESUME**

**PERSONAL DETAILS**

Name: Bhavika Joshi

Father’s Name: Chaitanya Joshi

Mother’s Name: Parbhuta Joshi

Date of birth: 30/01/1984

Marital Status: Unmarried

Nationality: Indian

Mobile Number: 9974099397

Email: bjoshi.mobile@gmail.com

**CARRIER OBJECTIVE**

* I want to do my job with potential and hard work.
* I want to do my work dedicated and creatively.
* I would like to utilize my skill with growing organization.

**ACEDEMIC QUALIFICATION**

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| --- | --- | --- | --- |
| **Degrees** | **University/ Borad** | **Year** | **Percentage/ Division** |
| PhD in Ashtanga Yoga | Lakulish Yoga University | From 2021 | Pursuing |
| MPhil in Ashtanga Yoga | Lakulish Yoga University | Sep  2020 | Grade A |
| MSc in Ashtanag Yoga | Lakulish Yoga University | April  2019 | Grade A  (CGPA-4.31) |
| P G Diploma in Yoga Education | Gujarat University | June  2017 | 77.80% |
| BSc in Microbiology | Gujarat University | April  2004 | 60.21% |
| H.S.C | Gujarat Secondary Education Board | Ap-May2001 | 53.80% |
| S.S.C | Gujarat Secondary Education Board | Mar  1999 | 76.14% |
| Yoga Teacher’s Training Course | Sri Divya Jivan Sanskurtik Sangh, Shivanda Institute of Vedant- Yoga Academy (Recognised By Gujarat University) 200hrs | May  2015 | Qualified |
| NET in Yoga | UGC | Dec  2019 | Qualified |

**COMPUTER SKILL**

Basics Fundamental of Computer, MS Office and Intermate Surffing

**LANGUAGE KNOWN**

English, Hindi & Gujarati

**RESEARCH WORK/ DESSERTATION PROJECT**

* Post Graduate Dissertation: - “Effect of yogic intervention on emotional intelligence on students”
* MPhil dissertation: - “Yogic Concept of health and disease according to yoga sutra- a Descriptive Study
* PhD Dissertation: - “Effect of Yogic Module on Stress, Quality Of sleep and Lung Volume in Pregnancy Period” (Continue)

**RESEARCH PAPER PRASANTATION**

* “Stress Management” presented a paper at National seminar on Holistic Health through Yoga Organized by Lakulsih Yoga University.
* “karma Yoga- A Way of Stress Management” Presented a paper at National Seminar Dealing with Stress: Strategies & Solutions organized by Smt.H.B.Jasani Arts and Shri. N.K.Jasani Commerce Collage, Rajkot
* “Impact of Bharmari Pranayama in Prevention of Mental health during Pregnancy Period” in the National Seminar entitled “Nutrition & Health in Pregnancy” Organized at Childern’s University , Gandhinagar, Gujarat on 25th – 26th September, 2021.
* “Influence of Meditation on Positive mental health in Pregnant women – A Review” Presented a manuscript in the 3rd International Conference on Health for All: Role of Yoga, Ayurveda and Social Work Organized by Shriram Yoga Training & Research Society , UP & University of Lucknow on December 2021.

**SEMINAR/ WORKSHOP/WEBINAR ATTANITED**

* National Seminar on Holistic Health through Yoga Organized by Lakulish Yoga University, Surendra Nagar, Gujarat.
* 2 nd National Seminar “Yoga for Positive Health & Wellness” Organized by Lakulish Yoga University, Surendra Nagar, Gujarat.
* National Seminar on Dealing with Stress: Strategies and Solutions organized by Smt.H.B.Jasni arts and Shri. N.K. Jasani Commerce Collage, Rajkot, Gujarat.
* National Workshop on “Marma Therapy & Health” Organized by lakulish Yoga University, Ahmedabad, Gujarat.
* National Seminar on “Applied Therapeutic Efficacy of Yoga Practices” Under Yoga fest 2019, Central University, Gujarat
* Workshop on Yoga for prevention of heart diseases at lakulish Yoga University, Ahmedabad, Gujarat.
* National webinar on “Yogic Solution to psychological challenges arising in present situation (COVID- 19) Organized by Department of Yogic Science and naturopathy, MSSV, Guwahati.
* National Webinar entitled “Role of Educational, Society and Yoga in the Current scenario in covid-19 organized by ABC Collage of Education, Patna.
* National Webinar on “Yoga for Mental Health During Pandemic” Organized by lakulish Yoga University.
* National Webinar on “Indian Psychology” Organized by lakulish Yoga University.
* National Webinar on “Therapeutic Fasting” Organized by lakulish Yoga University.
* International Webinar on “Preventive Oncology- An Integrative Approach” Organized by Lakulish Yoga University.

**RESEARCH PAPER PUBLISHED**

* The impact of Ashtanga Yoga as Body-mind Medicine, Shabdarnava,
  + ISSN-2395-5104, Vol- 10, Issue-5, July-Dec-2019
* Yoga Antaraya Evam Chitta Prasadan ke upay, Vedanjaali (International
  + Journal), ISSN-2349-364X, Vol-12, Issue-4, July-Dec-2019
* Yoga Nidra as Natural Tranquilizer in Emotional Pain, International Journal of Health Sciences and Research, ISSN- 2249-9571, Vol-11, Issue-4, April- 2021
* Impact of yoga in prevention and management of Diabetes Mellitus, International Journal of AYUSH, ISSN – 2349 7045, Vol- 10, Issue 4, August 2021
* Impact of Yogic  Intervention on Emotional Intelligence of Students" , International Journal of Yoga & allied science, Vol- 10, Issue-2, Dec 2021.
* “व्यक्तित्व विकास में यम एव्म नियम का योगदान” योग एवम विश्व शांति – ISBN – 978-81-952985-9-4.
* “Influence of Meditation on Positive mental health in Pregnant women – A Review”

 ISBN 978-1-63754-349-8

* “ A Descriptive Study on the Effect of Antenatal Yoga on Maternal stress: Blessings to Garbhini” Journal of Yoga, Phys Ther Rehabilitation, 7:1085, DoI; 10.29011/2777-0756.001085.

**EXPERIENCE**

* Work as Laboratory technician at Sal Hospital from 2005 to 2018.
* Work as Yoga Trainer at Sivananda Ashram from 2015-2018.
* Working as yoga Trainer as well as Yoga Therapist (Personal/Group)

I Hereby declare that all the information is true and correct to the best of my knowledge.

Bhavika Joshi