# NAMRATA CHOUHAN

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

**Date of Birth :** April 15th, 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**

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| --- | --- | --- | --- | --- | --- |
| **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: ;ksxksifu’knksa esa iz.ko dh vo/kkj.kk% ,d foospukRed  v/;;u½ | 9.5  CGPA |
| 07. | Post Graduation | Dev Sanskriti Vishwavidyalaya  Haridwar | 2018 | Yoga, Mathematices &  Computer | 72% |

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| --- | --- | --- | --- | --- | --- |
| 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 & Artices published in ugc care/ peer reviwed journals:**

1. ;ksxksifu’knksa esa m)r iz.ko% ,d v/;;u] **Drishtikon journal**, Vol 13, issue1, jan-feb 2021, pp-1682-1687, **ISSN: 0975-119X**
2. Izk.ko /;ku% ;ksxksifu’knksa ds vkyksd esa] **Drishtikon journal**, Vol 12, issue1, jan-feb 2020,

pp-626-630, **ISSN: 0975-119X**

1. funzkjksx vkSj mudk ;kSfxd mipkj] **Sahitya Samhita** peer reviwed Hindi Jovolume 6, issue 3, march 2020, pp 6-13, **ISSN 2454-2695**
2. lkoZHkkSfedrk ds fy, ek.MqD; mifu’kn~ esa oS”okuj fo|k dh vo/kkj.kk] **International Journal of**

**Research in Social Science**, volume 8, issue11(1), Nov. 2018, pg 366-372, ISSN 2249-2496

1. Ikapdks”k ,oa lexz LokLFk;% ,d foe”kZ] **International Journal of Innovation in Engeeniring**

**Research and Management**, volume 7, special issue 04(ICMCSEH-2020), may 2020, pp 45-49, **ISSN:2348-4918**

## Ekkbxzsu jksx ds mipkj esa ;ksx ,oa oSdfYid fpfdRlk% ,d fo”ys’k.kkRed v/;;u] **International**

**Journal of Research in Medical science and Technology**, volume 6, July 2018

1. galksifu’kn~ esa lks∙ge~ ukn lk/kuk] **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/confrences-

1. mifu’knksa ,oa ckS) lkfgR; esa vkse% ,d foe”kZ] **National Seminar on Historical Prospective on Early Budhism**, Sanchi University of Budhist-Indic Studies Raisen
2. mifu’knksa esa iz.ko dk Lo:i] **International Day of Yoga 2020**, Dr. Harisingh Gour University

Sagar

1. ;ksx mifu’knksa esa foKku vkSj v/;kRe dk vuqBk leUo;] **Ckgqfo’k;d varZjk’Vªh; laxks’Bh] Hkk’kk laLd`fr**

**,oa Ik;kZoj.k iz;ksx] laj{k.k ,oa voyksdu**] :ih fljkt dyke eap] lk/kuk LFkyh] dqYyq] fgekpy

## izns”k

1. Izk.koksikluk vkSj Ekkuo psruk dk laca/k% ,d foospukRed v/;;u] **vf[ky Hkkjrh; n”kZu&ifj’kn~] 65okW jk’Vªh; vf/kos”ku] dsUnzh; fo’k;& loksZn;h fparu ijaijk]** egkRek xkaW/kh varjkZ’Vªh; fganh fo”ofo|ky;] o/kkZ] egkjk’Vª

# Chapter in edited Book

* 1. ;ksx mifu’knksa esa foKku vkSj v/;kRe dk vuqBk leUo;] 2021, pg no. 128-132,Indian Folk Traditions & Enviornment, 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 15th 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**