**Curriculum Vitae**

Dr. Pragati Bhutoria

**Ph.D** (Yoga)

**Date of Birth: -** May 27th

**Language Known: -** Hindi, English, Rajasthani

**Marital Status: -** Unmarried

**Nationality/Religion: -** Indian/Jain (Minority)

**Contact No:**­- 09024350561

**Email ID** [–drprgatibhutoria@gmail.com](mailto:–drprgatibhutoria@gmail.com)

**Permanent Address: Sunil Kumar Bhutoria 7th Patty Ladnun Nagour (Raj)**

**PROFILE SUMMARY**

**OBJECTIVE**  I am committed to excel in everything, I am seeking challenging opportunities that will contribute to the organization and personal growth. I am a keen learner and want to make a mark in the fields of YOGA.

* **4.5 Year Experience in Research area.**
* **Thorough understanding of the Subject (8 Year experience).**
* **Knowledgeable in Internal administrative tasks.**
* **Good in Communication and Comprehension.**

**Seminar: - Organized Online National Conference (Multidisciplinary) On “Enlightening Life with Yoga & Meditation to Strengthen in Challenging Environment of Pandemic” 19th November 2021- (As a Convener)**

**Webinars:**

1. Recently organized seven day National webinar on **“FEMALE HEALTH PROBLEMS: SOLUTION THROUGH YOGA”.**
2. Organized Five days webinar on “**MENTAL HEALTH DURING COVID-19 AND YOGA”** for students of Schools.(

**Education Degrees:**

**Ph.D** Department of Yoga & Science of Living Jain Vishva Bharti Institute, Ladnun

Thesis: “**EFFECT OF DIETARY PATTERN AND PREKSHA MEDITATION ON BLOOD**

**GLUCOSE AND LIPID PROFILE”. 2019**

**M.A** Department of Yoga & Science of Living Jain Vishva Bharti Institute, Ladnun

2014 80%(First Division).

**B.A** Aacharya Kalu Kanya MahavidyalayaJain Vishva Bharti Institute, Ladnun 2012 (First Division).

**EDITIONAL QUALIFICATION**

**M.A in Psychology**

* Basic Computer Course from JVBI Ladnun.
* **NSS** Certificate from Jain Vishva Bharti University.
* Government of himachal Pradesh Certificate of high Altitude Trekking Program.
* **Naturopathy** certificate from Delhi Naturopathy centre.
* **Dissertation** - Impact of yoga and meditation on self-confidence and emotional intelligence on collage going girls.

**Professional Experience:**

**Collages**

1. Working As an Assistant Professor (HOD) in Yoga at Shri Jagdishprasad Jhabarmal Tibrewala University(Currently)
2. Worked as a yoga instructor &Conducted the classes of Post-Graduation i. e M.A. (Yoga & Science of Living) July 2016 to May 2019 JVBI Ladnun.
3. Taught and Trained M.A. Students of Yoga and Science of Living In the contact Classes at Ladnun centre of Directorate Of Distance Education, Jain Vishva Bharati Institute, Ladnun from 01 May to 31 May,2018.
4. Taught and Trained B.A. Students of Yoga and Science of Living In the contact Classes at Ladnun center of Directorate Of Distance Education, Jain Vishva Bharati Institute, Ladnun from 20 April to 30 April,2018.
5. Conducted Practical and theory Classes of Preksha Meditation & Yoga Education Course for Master Of Education (M.Ed.) Students From 5 Jan 2017 to February 2017 JVBI Ladnun.
6. Taught and Trained M.A. Students of Yoga and Science of Living In the contact Classes at Ladnun centre of Directorate Of Distance Education, Jain Vishva Bharati Institute, Ladnun from 20 April to 29 May,2017.
7. Taught and Trained M.A. Students of Yoga and Science of Living In the contact Classes at Ladnun center of Directorate Of Distance Education, Jain Vishva Bharati Institute, Ladnun from 01 May to 31 May,2016.

**Schools**

1. **Worked as a Yoga teacher in Madanlal Bhanwari devi aarya Memorial Sansthan 1-7 2014 to 30 -5- 2016.**
2. **Thought and trained the Yoga, for Students of KD Government under the Self- Defence Camp, 31 jan to 10 Feb 2017 Ladnun.**
3. **Delivered Yoga Training & Present Demo at Sekhawati Educational city On 1st International Yoga Day Dhundlod, sikar.**
4. **Present Demo at New Delhi on 30,2015**
5. **Delivered Yoga classes at S.K Govt. Collage,Sikar**
6. **Delivered Yoga classes at Senior Secondary School,Piprali.**
7. **Delivered Yoga classes at Islamia Senior Secondary School,Sikar**
8. **Delivered Yoga classes at Kanoriya Collage Mukundgarh,Mukundgarh.**
9. **Delivered Yoga classes at MD Goenka Girls Collage,Laxmangarh**

**List of Trainings/ Workshop/ Symposium attended:-**

1. National workshop on **“Applied Science of Living and Education”** 10-16 September 2012, Department of Science of living, Preksha Meditation & Yoga and Dept. of Education, JVBI Ladnun.
2. National Symposium On **“Research Design: Quantitative & Qualitative”** 01-02 April 2016, Dept. Of Education JVBI Ladnun.
3. National Workshop On “**ICT Integration in Education and Learning**” 10-12 February 2018, Dept. of Education and central Institute Of Educational Technology, NCERT New Delhi.
4. Youth Camp for **‘”Training in Nonviolence, Culture of Peace & Human Rights**” 27-29, 2018 January, Dept. Of Nonviolence and Peace, JVBI Ladnun.
5. National Workshop on “**Disaster Management and Community Safety**” 6-7 February 2018, Dept. of Social Work, JVBI Ladnun.
6. National Workshop on “**Memory Enhancement**” 20-22 January 2011, by University Grants Commission, New Delhi and Organized by Career Counseling cell, Jain Vishva Bharati Institute, Ladnun, Rajasthan.
7. Attended 7 Days Soft skill programme 2to 8 Feb 2013 organized by SC/ ST/OBC (Non-Creamy Layer) Minority/BPL and Women Remedial Coaching Cell, Jain Vishva Bharati Institute, Ladnun
8. National Workshop on “**Marama Therapy and Health”** March 01-02, 2019 Organized by Lakulish Yoga University , Ahmedabad, Gujrat.
9. Online International Conference (Multidisciplinary) on “**Emerging India through Sustainable Development and Innovation in Atmanirbhar Bharat**”24 & 25 April 2021 Organized By Department of Commerce And Management, Shri J.J.T. University, Vidhyanagari Jhunjhunu, Rajasthan.

**Paper Presented in National/International Seminar/Conferences:**

1. International conference on “Yoga and holistic health” Haridwar, 12-13 march 2016 U.K.
2. 3rd International Yoga Seminar “Yoga for consciousness & total life management 12-14 Oct 2012 Ujjain India.
3. 5th International Yoga Seminar “Yoga for peace and humanity”26 th to 30th April2016 Ujjain India.
4. National Yoga Week 18-24 Feb 2013. Morarji Desai National Institute of Yoga Delhi.
5. Bhutoria P “ Sanveg Prabhandhan ka Achhuk Upay Prekshadhyan” in National Seminar on “Schools of meditation and Indigenous therapy systems “organized by Dept of Science of Living Preksha Meditation and Yoga ,Jain Vishva Bharti Institute Ladnun, 15-17 October 2013
6. Bhutoria P “Effect of Preksha Meditation on Emotional intelligence of Collage Going Girls: A Study” National Seminar on Yoga and Naturopathy for Managing Psycho-Somatic Disorders Organized by Dept of yoga and science of living, JVBI Ladnun. 20-22 february ,2016
7. Bhutoria P “ Effect of yoga and Pranayam in Modern life style” in National Seminar On “Holistic Health Through Yoga” organized by Lakulish yoga University, Ahmedabad, Gujrat. 5-7 january 2018.
8. Bhutoria P “ Impact of yoga on Mental health of Collage Going Girls” in 2nd National seminar on Yoga for positive Health and Wellness organized by Lakulish yoga University, Ahmedabad, Gujrat. 10-11 january 2019.
9. Bhutoria P “Importance of Yoga & Meditation in Education” in International Conference on Spiritual and Yoga education: A Need Of the Hour, Organized by Vivek Collage Of Education, Bijnor .19-20 December 2015.
10. Bhutoria p “Social Harmony in Jainism” in Rastriya Sanghosti on Bhartiya Sahitya main Ahinmsa avem Samajik Samrasta organized by ahinsa evam Shanti Vibhag , yoga evem Jivan vigyan vibhag aur Rajasthan sahitya akadmi, Udaipur, 31-1 feb 2018.
11. Bhutoria P “Effect of Dietary Habits on Body Mass Index and Serum Lipid Profile: A Comparative Study,” in 4th International conference On Developing Human Values Through Yoga, Organized by Indian Association of yoga New Delhi & Deptt. Of Yogic Science, Uttarkhand Sanskrit University, Haridwar, 24-25 feb.
12. Bhutoria P “Anuvrat & Social Health ” National Seminar on Engaging Jainism with Modern Issues, Organized by Dept. of Jainology and Comparative Religion & Philosophy, Jain Vishva Bharati Institute Ladnun, 24-26 february 2017.

**Webinars:**

1. Participated in One day National Webinar on “Indian Psychology” Organized by Dept. of Asthanga Yoga, Lakulish Yoga University, Ahmedabad On July 26, 2020.
2. Participated in one day National Webinar on “Covid-19 Social Work Education And Practice :Emerging Opportunities And challenges, Organized by IQAC, Vivek Collage Of Education Bijnor, On July 02, 2020
3. Participated in One day National Webinar on “Yoga Tradition And Human Health” Organized by JVBI, Ladnun.
4. Participated in 10- Day National Yoga Workshop on “Lifestyle Management through Yoga & Fitness” Organized by Department of Physical Education & Sports, D.A.K. Degree Collage, Moradabad (UP) 12-21 June.
5. Participated in 3Days International Webinar on “Problems of Covid19 and solution through Indigenous Techniques”’ Organized by Deptt. Of Yogic Science & Human Consciousness, DSVV Haridwar 12to 14June 2020.
6. Participated in the webinar on “Yoga for Healthy Life’’ Organized by Deptt. Of Value Education, Tamilnadu Teachers Education University Chenni-97, on 21st May 2020.
7. Participated in one day National Webinar on “ Values and Teaching Learning in Higher Education: Current Practices and Prospects” Organized by IQAC, Vivek Collage Of Education Bijnor, On June 02, 2020

**Publication:-**

**Books**

1. **Mental Health: Issues , Challenges &Present Status Edited book (On process)**

**Research Paper Published**

**(National/International):**

1. **Bhutoria P, (2018) Aachrya shri Mahhapragya Ji K Sahitya Mein Aahar ki Vivechna”, International Recognition Multidisciplinary Research Journal, ISSN 2249-884X.**
2. **Bhutoria P,(2018) “Concept of Diet In Yoga, Ayurveda and Naturopathy”**

**RNI No: RAJBlL/ 2013/54153 ISSN: 2322-0074.**

1. **Bhutoria P,(2022) ASTHANGA YOGA :A WAY OF LIFE”, IJAER/ MARCH-APRIL 2022/VOLUME-11/ ISSUE-2 ISSN-2 ISSN: - 2278-9677**

**Contribution to the Institution:**

1. **Participation In Examination Duties:**
2. **Deputy Superintendent of Examination of the University.**
3. **Did Invigilation duties in Examination as per assignments. (UG PG Distance & REET).**
4. **Administrative Responsibilities:**
5. **Did departmental Duties as per assignments.**
6. **Member of Student Counseling Cell.**

**Award**

1. **Sugal Chand Jain Scholarship –**

**PH.D. GUIDANCE**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sl**  **No** | | **Name of Student,** | | **Registration no.** | | | **Topic** | **Remarks** |
| 01 | | Mr. Navdeep | | 31319018 | | |  | ongoing |
| 02 | | Mr. Kumbhar Ajay Ravindra | | 27920003 | | | -- |  |
| 3 | **Ms. Naorem praveena Devi** | | | **16220067** | |  | |  |
| **4** | **Ms.km.monika panwar** | | **29919033** | | |  | |  |
| **5** | **Ms. Richa Mishra** | | **25819016** | |  | | |  |

**REFERENCE**

1. **PROF. J. P.N MISHRA DEAN(LIFE SCIENCE DEPT. (GUJRAT CENTRAL UNIVERSITY (CONTANT NO- 9978981156)**
2. **DR. PRADYUMNA SINGH SHEKHAWAT (ASSOCIATE PROFESSOR & HOD)**

**DEPT. YOGA & SCIENCE OF LIVING (JVBI) CONTANCT NO. – (9828672211)**

**DECLARATION**

I consider myself familiar with YOGA aspect. I am also confident of my ability to work in a team I hereby declare that the above Statement and Information is true to the best of my knowledge.

(Dr Pragati Bhutoria)