



RESUME

Dr. Mahendra Kumar Sharma

Assistant Professor-DHSGSU

Ph.D (Yoga) From-Central University Sagar, MP.2023

UGC NET –YOGA, 2017

M.A. (Yoga) 2018, From JRRSU, Jaipur

YIC (SVYASA)

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Personal Details:-

Father's Name	: Sh. Heera Lal Sharma
Mother's Name	: Mrs. Fooli Devi
Date of Birth	: 1-July-1995
Sex	: Male
Language Known	: Hindi, English, Rajasthani(dhundaadi)
Marital status	: Unmarried
Parmanant Address	Village-Alisar, Via-Kaladera,Teh. Chomu, Dist. Jaipur-303801
Postal Address	: 46-A, Krishna Nagar Officer's Enclave, Kalwar Road, Kandira Marg, Jhotwara, Jaipur12

Academic Qualifications

Session Year	Educational Qualifications	Board / University
2023	Ph.D (Yoga)	DHSGSU(Central University,Sagar)MP
2018	M.A. (Yoga)	JRRSU, Jaipur
2015	B.A.	Uni. of Rajasthan
2011	12 th Art	Ajmer Bord
2009	10 th	Ajmer Board

Other Qualifications:-

Session Year	Educational Qualifications	Board / University
2020	Yoga for Mental Health	UGC- HRDC, DHSGSU
2019	Applied Yoga Stress Manage.	UGC- HRDC, DHSGSU
2017	UGC NET (YOGA)	UGC
2016	YIC (Yoga Instructor Course)	SVYASA, Bengaluru

Resource Person

Institute of Education, Bundelkhand University, Jhansi.
(20th -26th June 2023)

Paper Publications:-**1. योगवासिष्ठ में आधी व्याधि की अवधारणा**

ISSN NO.2349-364X, Journal –Vedanjali, July Dec. 2021

2. शुद्धिक्रिया त्राटक पर साहित्यिक एवं प्रायोगिक अध्ययन

ISSN NO.2395-5104, Journal –Shabdharnav, July Dec. 2021

3. योगवासिष्ठ में वर्णित दार्शनिक तत्त्वों का अध्ययन

ISSN NO.2581-6675, Journal –PIJSSL, May 2022

4. योगवासिष्ठ महारामायण में मन का स्वरूप

ISSN NO.2581-6675, Journal –PIJSSL, June 2022

5. योगवासिष्ठ में योग साधना की आधार भूमि कर्मयोग

ISSN NO.2278-0327, Journal –Jyotirveda Prasthanam, March-April 2022

Achievements:-

- Winner in Inter College –JRRSU, Yoga Tournament in 2017
- Yoga Instructor Course Held of Air Force Station, Bikaner, Palam and Dalhousie in 2018, 2019

Seminars/Conference/Workshop/**Webinar**

Attended: - 13

(National-10,International-3)

(Paper Presentations:- 5)

Appreciation Letters and Certificate: - 6

Special Social and Educational Work

1. Worked as a full time worker for 5 years in Vivekananda Kendra and has also done education and service work in Northeast South Assam

2. Bhaaratteey Shikshan Mandal has done service work in Mahakaushal Praant with the responsibility of co-youth dimension regarding education among the youth.

Experience in Yoga

1. Conducting yoga and personality development camps on practical and spiritual aspects of yoga.

2. Conducting Yoga courses in Indian Air Force's special training camp - Rajasthan, Delhi and Himachal Pradesh.

3. Conducting workshops related to Yoga

Writing work

1. Writing of five books related to the subject of Yoga (Writing of two books was completed during Master's degree only)

2. Writing of 5 research papers related to Yoga Psychology

3. Yogic counseling program has been designed by the combination of students, businessmen and people suffering from different types of problems in the society.

Subject Proficiency

1. Gyan, Karma, Bhakti, Raja and Hatha Yoga

2.. Yogdarshan, Shrimadbhagwadgita, Upanishads - invaluable treasure of human life and best scriptures of life management

3. Pranayama a special practice

4. Proficiency in special methods of meditation like - CM, MSRT, PET, DRT, QRT, IRT, Yoga Nidra, Omkar Meditation etc.

5. Yoga - a perfect and great foundation of psychology

Declaration:-

I hereby declare that the above mentioned information given by me is true to the best of my knowledge and belief. Nothing has been concealed there in.

(Mahendra kumar Sharma)