

Dr. Seema Chauhan

Kadam Lane, House No. 05, Amaltas Villa',

Near Amrapali Institution, Lamachuad, Haldwani(Uttarakhand)

Personal Profile:

Date of Birth	:	11th September 1982
Father's Name	:	Late Shri. O.P. Chauhan
Marital Status	:	Married
Sex	:	Female
Nationality	:	Indian
Language	:	English and Hindi
Contact No.	:	8755516077
Email	:	seema.chauhan1109@gmail.com

Educational Qualification:

- ❖ Doctorate in Yogic Science from **Department of Human Consciousness and Yogic Science, Dev Sanskriti Vishwavidhalya Gayatrikunj, Haridwar (Uttarakhand) (2009).**
- ❖ M.A. in **Human Consciousness and Yogic Science** from **Dev Sanskriti Vishwavidhalya Gayatrikunj, Haridwar (Uttarakhand) (2004).**
- ❖ B.A. from **Kumaun University, Nainital, (Uttarakhand) (2002).**
- ❖ Diploma in **Mass Communication.**
- ❖ Completed Course: (NDDY) **Mahatma Gandhi Institute of Naturopathy Delhi.**

Professional Experience:

Academic Achievements

- ❖ Appointed as Convener Yoga, D.S.B. Campus, Kumaun University, Nainital in the year 2022.
- ❖ **Joined as Head Yoga Department, Kumaun University, D.S.B. Campus, 2012 – 6 M.A. yoga Semester II with 15 students currently (2017-18) I Semester 96students +160 students II Sem.**
- ❖ **Involve in examination duties, external examiner 2016** ,Involve in flying squad – 2016 to current
- ❖ **Involve in paper setting** Rani Laxmi bai Physical education (M.P.) Govt Degree College, December 2017, Open University,
- ❖ **Invited guest Lecturer** in govt Degree College Haldwani 19 February 2018, Bajaj autolimited (HAL) Rudrapur 2010, 2017 and in CFL Rudrapur 2010.
- ❖ **Tour excursion Programme** for sessions to Dev Sansthan Kiccha ishwavidhalay Haridwar Aditi Seva Sansthan Kiccha.
- ❖ **Social work**
- ❖ **President, Kayak alp Nature** case welfare society the work focuses on promoting yoga & Naturopathy by organizing campus & seminars throughout India.
- ❖ **Five years of teaching experience** under the Department of Human Consciousness and Yogic Science from Dev Sanskriti Gayatrikunj, Haridwarm, (Uttarakhand) (July 2004 – December 2009).
- ❖ **Worked as Yoga Instructor for one month** Yoga training programme in Direeforate of Mountaineering and allied sports, Manali (H.P.).

- ❖ Completed one month **Re-Orientation Training Programme for Yoga professional. Conducted by Morarji Desai National Institute of Yoga (MDNIY), New Delhi.**
- ❖ Worked as a **Residential medical officer in Parica Health Centre in Rudrapur Udham Singh Nagar.**
- ❖ Worked as a **Yoga Therapist in Yoga Therapy camp organized by Dev Sanskriti Vishwavidhalya Gayatrikunj, Haridwar (Uttarakhand).**
- ❖ Worked as a **Yoga Instructor for Six months Interuship Programme by Dev Vishwavidhalya Gayatrikunj, Haridwar (Uttarakhand).**
- ❖ President of **“Kaya Kalp Nature Care Welfare Society”**

Research Experience:

- ❖ Published a book **“Darshanik Pristhbhumi Mai Yog Ka Swaroop”** ISBN: 978-93-91377-29-8 in the year 2022.
- ❖ Presented a research paper in a National Conference on **“Current Status and Opportunities in Medicinal Plant Research and Natural Product Research”** on 6 & 7 March, 2021.
- ❖ **Worked as a book editor on Meditation & Mind-Body Intervention Practices".**
- ❖ Published a research paper in Drishtikon on **“Yog: Corona Kaal Mai Tanaav Ko Dur Karne Ka Chikitsiya Vardaan”** ISSN 0975-119X in the year 2020.
- ❖ **Research paper presented and abstract published in Peer Review Hindi Journal 2020 on "Sacred Virtue Tradition of Yoga In Vedic Vangmaya".**
- ❖ Published a research paper in Drishtikon on **“Yog Aur Adhunik Jeevan Shayli”** ISSN 0975-119X in the year 2019.
- ❖ Published a research paper in Drishtikon on **“Yog Aur Vidhyarthi: Pariksha K Dabaav Ko Kaam Karne Ka Ek Madhyam”** ISSN 0975-119X in the year 2018.

- ❖ Published a research paper in Drishtikon on **“Yog Ka Jeevan Mai Padne Wale Sakaraatmak Prabhav Ka Addhyan”** ISSN 0975-119X in the year 2017.
- ❖ **Presented a research paper in a National Seminar on "Mental Efficiency in New Vedic Vamaya" (Magpasamdabam) on 27-28 May, 2017.**
- ❖ Participated in a National Conference on Human Rights- Role Of Intellectuals on 25th June, 2016.
- ❖ Published a research paper in Drishtikon on **“Yog Aur Bharati Sanskriti: Manav Jeevan K Liye Purak”** ISSN 0975-119X in the year 2016.
- ❖ Presented a research paper in a National Seminar on World Peace & Harmony through Yoga on 02-02 April, 2016.
- ❖ Published a research paper in Drishtikon on **“Bhartiya Darshan Mai Yog K Mahatva Ka Sakaratmak Vivechan”** ISSN 0974-8504 in the year 2015.
- ❖ Published a research paper in Drishtikon on **“Bharatiya Gyan Parampara Mai Yog Ka Mahatva”** ISSN 0974-9888 in the year 2014.
- ❖ **“Effect of selected Yogic Practices on Psycho-Physiological measure of Mountaineering Trainees”**. “Yoga Vigyana” The Science of Yoga published by Morarji Desai National Institute of Yoga (MDNIY). New Delhi.
- ❖ Published a research paper in Drishtikon on **“Khel Kood Mai Khiladiyo K Maan Aur Taan K Liye Yog Ka Prabhav Aur Uska Addhyan”** ISSN 0974-9888 in the year 2013.
- ❖ Submitted **Ph. D Thesis in DSVV on “A study on the effect of Yogic Practices and Naturopathy in Urino-Genital Disorders of Women”**.
- ❖ Submitted **Dissertation in DSVV on “Darshnik Prishtbhumi mai Yog ka Swarup”**.

- ❖ Participated in a Workshop for Empowerment of Science Communicators/ Writers/ Journalists on October 20 to 23, 2008.
- ❖ Participated in a conference organised by Morarji Desai National Institute of Yoga from 25-29 February, 2008.
- ❖ Research paper presented and abstract published in National Yoga Week 2007 (MDNIY) on **“Effect Nadishodhan and Bhramari Pranayam on Emotional Maturity of Teenagers”**.
- ❖ Research paper presented and abstract published in Abstracts, National Seminar on Mental Health and Current scenario (20-21 March 2009). GKV. Haridwar on **“Astankwad pidit aanath Kishoron Ko Mansik Sadme se ubharne me adhatmik punarwas karykram ke prabhav ka adhhayan”**
- ❖ Abstract published in 15th International Conference and Frontier of Yoga research on **“Effect of Yogic Science on Tuberculosis Patients”**
- ❖ Abstract published in International Conference on Yoga and Health awareness in modern science (GKV) on **“Mental Disorder and Teaching of Geeta”**
- ❖ Abstract published in Abstract. National Seminar on mental health and current scenario (20-21 March 2009). GKV. Haridwar on **“Effect of Yogic Package on general well being of Mountaineering Trainees”**.
- ❖ Participated in the International Conference on Integrated Value Education on 26th – 28th June, 2006.
- ❖ Participated and completed One Month Re-orientation Training Programme for Yoga Professionals conducted by Morarji Desai National Institute of Yoga (New Delhi) from 03rd to 31st October, 2006.

Seminar/Conferences:

- ❖ Participated as **delegate in 14th International Yoga conference held in VYOMA, Bangalore in 2003.**
- ❖ Participated in **International Conference in Integrated Value Education held in Art of Living International Centre, Bangalore 26th-28th June 2006.**

- ❖ Participated in **National Yoga Week-2007** organized by **Morarji Desai National Institute of Yoga (MDNIY), New Delhi.**
- ❖ Attended the **Basic Acupressure Training Classes, conducted by Bhartiya Acupressure Sansthan (APUS) Lucknow.**
- ❖ Attended **Guru Master Choa Coke Sui Pranic Healing Basic Camp** from all **India Yoga Vidhya Pranic Healing Foundation Trust, Bangalore.**
- ❖ Participated in **Naturopathy Training Conducted by Naturopathy Centre Parmarth Ashram Rishikesh.**

Specialization:

- ❖ **Professional Yoga**
- ❖ **Yoga and Naturopathy in Ladies Problems**
- ❖ **Expert in Yogic Management of common diseases**
- ❖ **Stress and depression management through Yoga and Naturopathy**
- ❖ **Meditation and Yoga Nidra**
- ❖ **Pranic Healing**
- ❖ **Acupressure**

Membership:

- ❖ Member of the Proctor Board at D.S.B Campus, Kumaun University, Nainital.
- ❖ Member of Prakhar Yoga Praishad. Dev Sanskriti Vishwvidhyalya. Haridwar.

Awards and Achievements:

- ❖ 1st Position in South Asia international Karate Do Championship 2001 (Allahabad)

- ❖ 2nd Position in fourth all India Karate Do Championship 2001 (Allahabad)
- ❖ 1st Position in all India Karate Do Championship 2001 ((U.S. Nagar)
- ❖ 2nd Position in Second all India Karate Do Championship 2001 (U.S. Nagar)
- ❖ 1st Position in First U.P. State Karate Do Championship 2001 (Allahabad)

List of the students who qualified NET/JRF under my guidance and supervision:

Sl. No.	Name	NET/JRF	Year
1.	Deepak Arya	NET/JRF	2018
2.	Harshit Sharma	NET/JRF	2018
3.	Priyanka Bisht	NET	2018
4.	Dhirendra Singh Bisht	NET	2019
5.	Meenakshi Arya	NET	2019
6.	Sadhana Devrahi	NET	2019
7.	Deepika Arya	NET	2019
8.	Ritu Khani	NET	2020
9.	Apurva Tiwari	NET	2021
10.	Chandrakala Kothari	NET	2022

Number of students who completed Dissertation under my guidance and supervision: 279

Declaration

I do hereby declare that all the information given above is true to the best of my knowledge.

Dr. Seema Chauhan

