



## RESUME

### **Dr. Mahendra Kumar Sharma**

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:-**

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|-------------------|---|
| 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.<br>Chomu, Dist. Jaipur-303801                          |
| Postal Address    | : 46-A, Krishna Nagar Officer's Enclave,<br>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 <sup>th</sup> Art       | Ajmer Bord                         |
| 2009         | 10 <sup>th</sup>           | 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 षष्ठः अध्यायः परमहंसयोगिनः श्रीमद्भक्तिसिद्धिदायकः श्रीमद्भक्तिसिद्धिदायकः  
ISSN NO.2349-364X, Journal –Vedanjali, July Dec. 2021
2. योगवासिष्ठ षष्ठः अध्यायः परमहंसयोगिनः श्रीमद्भक्तिसिद्धिदायकः श्रीमद्भक्तिसिद्धिदायकः  
ISSN NO.2395-5104, Journal –Shabdharanav, 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 कर्म  
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. Bhaaratemy 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)**