



Monika Bhainsora

OBJECTIVE

To pursue of achieve an honest, responsible, reputed and successful professional life and work in innovative and competitive environment.

ACADEMIC QUALIFICATION

- Pursuing **PH. D** in Yog.
- Masters in Yog and Alternate Therapy in 2013 from Kumaun University, Nainital.
- Post graduate Diploma in Yog and Alternate Therapy in 2011 from Kumaun University, Nainital.
- Diploma in Naturopathy and Yog (N.D.D.Y) from Gandhi Smarak Prakritik Chikitsa Samity, New Delhi.
- Certificate Course of Personality Refinement from Dev Sanskrity Vishwavidyalaya, Haridwar.

Award

- "उत्कृष्ट सेवा सम्मान" (2022) by Soban Singh Jeena University, Almora.
- **UGC NET** in Yog
- Naturopathy- Yoga Hospital & Research Institute, (Aditya Sewa Sansthan, Kicha) by Uttarakhand open University, Haldwani,
- Participated two times in National Yogasan Championship.
- Sound knowledge of Magnetic Therapy, Acupressure and Pranic Healing.
- N.C.C. ('B' Certificate).
- N.S.S. ('B' Certificate).


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SEMINAR/CONFERENCE/WORKSHOPS

- Participated in national seminar on management of life style disorders through A. Y. N in 21st century(2011) held at Utrakhand Open University Haldwani.
- Paper "Effect of Prayer Meditation, Singhasana and Bharamari Pranayama on Emotional Maturity of drug addict males" Presented in national seminar on Yogic Management of Life Style Disorder (2015) held at Gurukul Kangri Vishwvidhyala, Haridwar.
- Participated as a delegate in National Workshop on Therapeutic Application of Alternative Therapies (2019) held at Soban Singh Jeena Campus, Almora.
- Paper "effect of Sthula Dhayan on Social Adjustment level of college boys" Presented in International Conference on role of Yog and Indian Culture in developing a new world held at Soban Singh Jeena University, Almora.
- Paper" Effect of yogic practices on Emotional Intelligence- Theoretical Perspective" Presented in International Conference on Yoga Yagya and Ayurveda-2022 held at Dev Sanskrit Vishwvidyala Haridwar and Shri Ram yoga society.

WORK EXPERIENCE

- Presently working in H.N.B.P.G College khatima as a yog lecturer.
 - Worked in Kendriya Vidyalaya kausani as a yog teacher.
 - Worked in Kendriya Vidyalaya Haldwani Cantt as Yog teacher.
 - Two years working experience in MANAS DE-ADDICTION CENTRE as yog Instructor at Haldwani.
 - Four Years working experience in Cambridge Institute, Haldwani as an Aerobic and Yog Instructor.
 - Participated in workshops held in Uttarakhand Open University as Yog faculty.
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DECLARATION:-

I hereby declare that all the information's furnished above are true and complete to the best of my knowledge and belief.

Date :

Place :

(Monika Bhainsora)