

# **Mrs. Geeta Yogesh Bhatt**

## **CURRICULUM VITAE**

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### **PROFESSIONAL OBJECTIVE**

To motivate and inspire students to connect with their inner self to explore their potential and heal through the power of Yoga towards a deeper level of physical fitness & healthy lifestyle along with mental peace.

### **SKILLS**

- 6 years' experience of practicing Yoga and 2 years experience of teaching Yoga to students. Having good knowledge of Yoga aspects.
- Excellent communication skills and interpersonal skills
- Good organizational and time management skills. Ability in maintaining large team members & motivating them.
- Exceptional at counseling students to lead a healthy lifestyle.
- Excellent at preparing the daily schedule of activities and maintain its report.
- Ability to safely train all the students and utilize all the safety devices.
- Thorough knowledge of the exercise techniques conducts yoga programs. Also having good knowledge of various mind relaxation techniques.
- Excellent physical health and ability to perform specific exercises for the students of different age groups.
- Good knowledge of computers.

### **EDUCATIONAL QUALIFICATIONS**

<b>PHD Candidate</b>	Present
"A STUDY ON THE LIFESTYLE MODIFICATION & ROLE OF PREKSHA MEDITATION IN THE MANAGEMENT OF STRESS".	
<b>NET-JRF</b>	2011
<b>Master of Science of Living, Preksha Meditation &amp; Yoga (1<sup>st</sup> Class)</b> Jain Vishwa Bharati University, Ladnun	2008
<b>Bachelor of Arts, Psychology &amp; Commerce</b> Mumbai University	2002

### **CERTIFICATION**

- Diploma in Yoga from Banaras Hindu University, 2006.
- Certificate course in Yoga for better living from Banaras Hindu University, 2005.

### **IT SKILL SETS**

-Proficient with Ms Office and Internet

-Completed Basic course & Diploma in computer programming from CDAC, GIST (A scientific study of department of electronics, Govt. of India) in the year 1999.

## **AREAS OF EXPERTISE**

Asanas  
Pranayama  
Preksha Meditation  
Shatkarma  
Spinal Exercise  
Anupreksha  
Psycho counseling  
Public Speaking  
Communications  
Motivator  
Problem solving skills

## **EMPLOYMENT HISTORY**

Jain Vishwa Bharati University, Coordinator, Regional Centre, Varanasi

- Training and guiding the students during the yoga training classes.
- Formulating safe yoga training programs for the students.
- Providing the students fitness counseling and motivating them to take up healthy eating habits and lifestyle.
- Arranging for all the materials required for the yoga classes and actively participating in the safety training and inspections.
- Motivating the students to take up yoga practices.
- Discussing the benefits of yoga practices with the students and providing fitness counseling to the students.
- Performing all the assigned duties and ensuring that all the exercises are done safely.
- Maintaining the record of all the yoga programs and activities undertaken in yoga class.

## **SEMINAR / CONFERENCES / PAPER PUBLISHED**

- Article published, manuscript - "*Yoga Awareness makes dynamic personality*" in Indian Academy of Yoga Journal, first edition 2012, ISBN 978-81-925546-0-0.
- Detailed plan for the Clinical study has been designed.
- International seminar at Banaras Hindu University presented & full paper published on topic "A critical review on principles of Diet & Nutrition in Ayurveda with special reference to prevention & management of lifestyle diseases" in Journal "Scope of Translational Researches in AyurvedicMedicine" with ISBN 978-81-926935-1-4.
- Role of Meditation as a relaxation technique for stress management – 16<sup>th</sup> National conference of Association of Anesthesiologists of IM, Department of Anesthesia, Faculty of Ayurveda, IMS, BHU, 17<sup>th</sup> – 18<sup>th</sup> Jan 14.
- A critical review on the preventive, promotive & curative effect of Preksha Meditation on mental health – National Workshop on Yoga, organized by Vedic Darshan Department, Faculty of SVDV, BHU , date 09<sup>th</sup> – 11<sup>th</sup> March 2014.
- Published article "Dietary recommendation for lifestyle disorders" in Sanskritvidya ISSN no.:0975-8348, faculty journal of SVDV, BHU.
- Article – "**Stress as lifestyle factor and the role of meditative practices for its management**" is published in journal "**Sundries Research Mechanism – Spirit of Knowledge**" an International Multidisciplinary Referred Research Journal Volume – I, January-March 2014.

- Online journal PunarnaV: An International Peer Reviewed Ayurveda Journal, manuscript with title “Yogic Lifestyle recommendations for Geriatric population with special reference to Dietary Principles” for the month: may- June 2014 vol: 2, issue: 3 ISSN: 2348-1846.
- Published article “**Pranayama as a tool for bio energy modulation**” in Medha ISSN no.: 0975-0886.
- Attended International conference on Recent Advances on the Role of Basic Sciences in Ayurvedic Medicine. Presented paper on the title “**An Appraisal of the thought & behavior as a component of lifestyle**”. Full paper for the same topic is under publication.
- Attended National seminar on Yoga, department of Vedic Darshan, Faculty of Sanskrit Vidya Dharma Vigyan, Banaras Hindu University Presented paper on topic “**Controlling the mind through value – development: Necessity for lifestyle modifications**”.
- Article- is under publication “**A critical review on the preventive, promotive & curative effect of Preksha Meditation on mental health**” from Vedic Darshna department, SVDV, BHU.

### **SUMMARY OF QUALIFICATION**

- Substantial understanding of the philosophy of yoga.
- Immense ability to ensure proper use of equipment and exercise techniques.
- Profound ability to study the physical conditions of the students and decide which exercises will suit - which student.
- Extended ability to demonstrate many different positions and techniques.
- Excellent knowledge in be healthy forever with Yoga, Kid’s Yoga, Preksha Meditation & its techniques for the management of stress.