

Name Designation Department	Dr. Asem Jayanti Devi Asst. Professor (Parental University, sVYASA, Bangalore) Presently working –In-charge, Department of Yogic Science and Human Consciousness, MDS University, Ajmer.
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Teaching Experience

	Designation	From	To
1.	Worked as Yoga Instructor cum Yoga Therapist in S V Y A S A Bangalore.	1998	2001
2.	Joint as Yoga Instructor in Maharshi Dayanand Saraswati University, Ajmer.	2001	continued
3.	Promoted as Lecturer (Yoga) by VYASA, Bangalore	2009	Continued

Administration Experience:

In-charge, Department of Yogic Science and Human Consciousness

- Member of board of studies (Yoga) at Central University, Kishangarh, Ajmer, 2017 till date.
- Working as Course Coordinator for Self Finance Course for B.Sc. (Bachelor of Naturopathy and Yogic Science) since 2005 till date.
- Working as Asst. Warden in Gargi Girls Hostel M.D.S. University, Ajmer since June 2007 till 2012.
- Member of Board of Studies (Yoga) 2003 to 2005.
- Convener COC Yoga 2005 till date.
- NSS Program officer, 2010
- Member of the Women empowerment cell from 2011 to 2014.

Teaching Experience:

In the field of Yoga- 25 yrs

Project:

Achievements:

- Acted as Jury member for “National Yoga Olympiad” on the Occasion of 4th International Yoga day from 18th June ‘2018 to 20th June ‘2018, Conducted by NCERT, Delhi.
- Acted as Jury member for “National Yoga Olympiad” on the Occasion of 3rd International Yoga day from 18th June ‘2017 to 20th June ‘2017, Conducted by NCERT, Delhi.
- Acted as Jury member for “National Yoga Olympiad” on the Occasion of 2nd International Yoga day from 18th June ‘2016 to 20th June ‘2016, Conducted by NCERT, Delhi.
- Participated 10 days camp on Holistic System of Management in Swami Vivekananda Yoga Anusandhan Samsthana (Bangalore) and worked for one year as a part of my job in 2000.
- Judge for National Open Yogasana Championship 2003
- Judge for National & International Himalaya Yoga Olympiad 2003.
- Worked as a instructor in Yoga Physique and studies at Manipur Since 1990 to 1996
- 1st Position in 1997 at the Himalaya Yoga Olympiad.
- 1st Position for Five Consecutive Year in State Level Yoga Championship from 1990 to 1994, Imphal, Manipur.
- 1st Position in 1992 at the Second **Yoga Samrat and Yoga Samrangi Best Physique Contest and got the Title ‘Yoga Samrangini’.**
- Incentive State Award for Outstanding Performance in the field of Yoga in the year 1992 from SAI (Sport authority of India).

Professional Qualification:

- Acting as Director in Conducting Workshop on: ‘Yoga in promoting physical, Mental and Spiritual Health’ (for career advancement) from 6th May 8th May ‘2016 on the occasion of second International Yoga day sponsors by UGC at Patanjali Bhawan, Dept. of Yoga, M D S University, Ajmer.
- Acted as co-ordinator for Rajasthan on the occasion of 1st International Yoga day cerebation for NCC Cadre of Ajmer, Udaipur, Bikaner, Bhilwara etc.
- Teaching Psychology for B.Sc. (Bachelor of Naturopathy and Yogic Science) in Self Finance Course.
- Worked as a Resource person for Refresher course and orientation course for Academic Staff College, MDSU Ajmer.
- Worked as a Guest Faculty for MBE Students for (stress management) in the Dept. of Economics.
- Worked as resource person for training ST/SC Student in the Dept. of Management on the Topic: Personality Development.
- Acting as external examiner for various institute and colleges.

Publication and Communicated papers:

- **Published Research paper Title-**“Efficacy of Yoga and Diet based Lifestyle Modification Program in the Control of Blood Pressure on Type-2 Diabetes Mellitus Patients”, AnusandhanVatika,ISSN:2230.8938,28TH Feb,2019.
- **Published Research paper Title-** “IMPORTANCE OF YOGA PHILOSOPHY IN RELEVANCE TO TODAY’S ERA”, IJIKC, ISSN: 2454-2415 Volume VI, Issue 7, July, 2018.
- **Published Research paper Title-**“Efficacy Exercise and Diet based Lifestyle Modification on management of Body Weight in Type II Diabetes Mellitus patients”. IJAPRR International Peer Reviewed Referred Journal, 112- Vol.II, Issued XII, p.n.12-27, Dec, 2015, (ISSN 2350 1294).
- **Published Research paper Title-**Efficacy Yoga, Diet and Exercise based Lifestyle Modification on Adjustment of Body Mass Index on Type II Diabetes Mellitus patients. IJAPRR International Peer Reviewed Referred Journal, Vol.II, Issued XII, p.n.18-24, Dec, 2015, (ISSN 2350 1294).

Papers presented in Conferences/seminars and attended

International level

- Attended 19th International Conference on "Yoga for Global Health Education & Peace" December 20-23, 2011 sVYASA Bangalore.
- Delegates in 16th international conference on "Make Every Mother and Count" at Bangalore in 2005 Dec.
- Participated in 14th international conference on "PRANAVESHNA" at Bangalore in 2003 Dec.
- Attended 15th International Conference on "Make Every Mother and Child Count" December 16th-19th, 2005, VYASA, Bangalore.
- Attended 14th International Conference on "**Pranaveshna**" December 18th-21st 2003, SVYASIA, Bangalore.

National Level

- **Presented a research paper on the topic**- "Importance of Yoga Philosophy in Relevance to Today's Era", 'National Conference on 'Relevance of Yoga Darshan in today's Era. 12-13 'Jan'2018. Govt. Sanskrit College, Jaipur.
- **Poster presentation on the topic** - "Efficacy of Yoga and Diet based Lifestyle Modification Program in the management of Blood Pressure on Type-II Diabetes Mellitus Patients". Rajasthan Conclave-3, 13th Dec to 14th Dec, 2015' DMRC, Jodhpur.
- **Poster presentation on the topic** - "Efficacy of Yogic Lifestyle Modification in Non-Insulin Dependent Diabetes Mellitus Patients". 21st INCOFYRA, SVYASA, 3rd Jan-7th Jan, 2016' Bengaluru.
- **Presented a research paper on the topic**- "Yogic view of Diet, Work, Leisure and Health with reference to Globalization vis-a-vis Changing Food Habits", National Seminar (UGC funded). 27th-28th Feb', 2012 held at DAV, College, Ajmer.
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Visits and Talks

- Worked as a Resource person for Refresher course and orientation course for Academic Staff College, MDSU Ajmer.
- Worked as a Guest Faculty for MBE Students for (stress management) in the Dept. of

Economics.

- Worked as resource person for training ST/SC Student in the Dept. of Management on the Topic: Personality Development.

Teaching Qualifications/Trainings:

- Every alternate years 10days yoga therapy training camp and update research work at SVYASA,Bangalore.
- Worked as Yoga Instructor cum Yoga Therapist in S V Y A S A Bangalore 1998-2001.
- Attended 6 days UGC-Sponsored workshop on 'Research Methodology' from 3th Oct' to 8thOct 2016.
- Attended 6 days UGC-Sponsored Short Term Course on 'Assessment of Nutritional Status' from February 6th, 2017 to February 11th, 2017.
- Participated 10 days camp on Holistic System of Management in Swami Vivekananda Yoga Anusandhan Samsthana (Bangalore) and worked for one year as a part of my job in 2000.
- Worked as an instructor in Yoga Physique and studies at Manipur Since 1990 to 1996.
- Acted as Director in Conducting Workshop on : 'Yoga in promoting physical, Mental and Spiritual Health' (for career advancement) from 6th May 8th May '2016 on the occasion of second International Yoga day sponsors by UGC at Patanjali Bhawan ,Dept. OfYoga, M D S University, Ajmer.
- Acted as coordinator for Rajasthan on the occasion of 1st International Yoga day cerebation for NCC Cadre of Ajmer, Udaipur, Bikaner, Bhilwara etc.
- Teaching Psychology for B.Sc. (Bachelor of Naturopathy and Yogic Science) in Self Finance Course.

Others information

Dr. Asem Jayanti Devi