

Prof. Sadhana Dauneria
Head & Dean Department of Yoga
Barkatullah University, Bhopal (M.P.)

P.A. # M-353, Arvind Vihar, Bagh Mugalia, Bhopal-462 043

C.A. # Department of Yoga, Barkatullah University, Bhopal-462026

Tel: (0755) 2517106-07 Mob. : 09425005718 Email: drsadhanadauneria@gmail.com

Qualification:

- Ph.D.,
- M.A. (Yoga, SOL- Science of Living & Preksha Meditation)
- M.A. (Sanskrit)
- P.G. Diploma in Naturopathy & Yogic Science
- Diploma in Yoga Education



Specialization:

- Yoga, Naturopathy, Sanskrit & Philosophy
- Teaching of Traditional Yogic Text
- Yoga Therapy
- Yoga Research

Other Training and Courses:

Traditional & Spiritual Yoga education under the guidance of (Late) Swami Digambarji, first great disciple and close associate of Swami Kuvalyanandji, the founder of Kaivalyadhama Yoga Institute, Lonavala (Pune). Attended **Refresher Course** in Yoga, in July 1994, organized by Kaivalyadhama, Lonavala, Pune ; a 4-weeks' **Orientation Course** at UGC Academic Staff College, Devi Ahilya University, Indore, July 2010 and 3- weeks **Refresher course** at UGC Academic Staff Kumaun University, Nainital, Uttarakhand, Year 2020-2021 Five Faculty Development Programme and Two One Week Workshop etc.

Summary of Professional, Teaching and Research Experience:

- Presently working as the **Head of the Department of Yoga, Barkatullah University, Bhopal** and managing all the functions of the well equipped department since last 32 yrs like teaching, training, administrative work, designing curriculum, expansion of infrastructure and building, conducting examinations and promoting research work introducing various courses like Certificate, P.G. Diploma, M.A./ M. Sc. , M. Phil. and also Ph. D. in Yoga (Awarded Ph.D – 21, undergoing -4) under UGC Schemes.

Additional Achievements

- Received the acknowledgement & appreciation for the success of the department from the UGC team during their visit on X Five Year Plan. The department was consequently Was instrumental in designing a new course of Yoga, Naturopathy & Panch Karma, for Barkatullah University, Bhopal. (Year 2008)
- Member of Curriculum designing Committee of RajyaShiksha Kendra, Govt. of Madhya Pradesh.
- Conducting Annual Co- curricular and Field Based Extention Activities: Organizing free yoga training camps through students of yoga department in Bhopal.
- Organised 100 National & International Level Conferences & Seminars also Orgazised virtual Seminars in Covid Period, 5 CME Programmes of Govt. of India and 75 state level workshops. Also organized expert lectures by renowned Spiritual Gurus.

Examination related functional experience:

Examination Committee Member and Examiner for several universities & institutions, including Barkatullah University, Gurukul Kangri Vishwavidyalaya Haridwar, Dev Sanskriti Vishwavidyalaya Haridwar, Devi AhilyaUniverity, Indore, APS University Rewa, RD university Jabalpur, Sanskrit Vishwavidyalaya, Uttarakhand, Morarji Desai National Yoga Instiute, New Delhi, Makhan Lal Chaturvedi Vishwavidyalaya etc.

Nomination to Higher Education related committee

1. Nominated as a subject expert by Hon'ble Vice Chancellor of M.P. Bhoj University in Research Council in 2008.
2. Nominated as member of Review Committee for Swami Vivekananda Yoga AnusandhanaSansthana, Bangluru by University Grant Commission, New Delhi 2008.
3. Nominated for Inspection committee by Central Council for Research in Yoga & Naturopathy, New Delhi in the year 2008.
4. Nominated for Inspection committee by M.P. Para Medical Council, Bhopal in the year 2008.
5. Nominated in Selection Committee and University Representative for SantHirdaram Medical College of Naturopathy and Yogic Sciences by BarkatullahUniversity, Bhopal, in the year 2009.
6. Nominated for Inspection committee of Sanchi Nature Cure Hospital, Dist., Raisen by Central Council for Research in Yoga & Naturopathy, New Delhi in the year 2010.
7. Nominated As subject expert for Inspection committee of Govt. MLB Girls College Bhopal in the year 2011
8. Nominated As subject expert and member for Inspection Committee of SantHirdaramMedical College of Naturopathy & Yogic Science Bhopal since 2011 by Barkatullah University Bhopal.

9. Nominated as Member in the Review Committee constituted by UGC, New Delhi, to review the functioning of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, in the year 2009.
10. Nominated as Member in the Review Committee constituted by UGC, New Delhi, to review the functioning of Gurukul Kangri Vishwavidyalaya, Haridwar, Uttarakhand, in the year 2009.
11. Nominated as Subject Expert at State Level by the Regional Institute of Education (NCERT), Bhopal in the year 2010.
12. Selected as a member of Interview Panel for selecting Yoga Trainers for Madhya Pradesh State Tourism Development Corporation Ltd. In the year 2011.
13. Nominated as Member, Selection Committee for Swami Vivekananda District Yoga Wellness Centre, Bhopal, in the year 2011.
14. Recognized as Guide for Ph. D. Scholars in the field of Yoga & Sanskrit, in the year 2009 in M.P Bhoj University, Bhopal.
15. Nominated as Member, Result Committee, constituted by Barkatullah University, Bhopal, in the year 2010.
16. Nominated as Member in Vidya Parishad, constituted by Barkatullah University, Bhopal, in the year 2010.
17. Nominated as Member Examination Committee, constituted by Barkatullah University, Bhopal, in the year 2011.
18. Nominated as Member of Expert Committee constituted by Chairman, UGC for assessing the physical & academic infrastructure of University of Patanjali, Haridwar, Uttarakhand in November 2011.
19. Member of Executive Committee of Rashtriya Shikshak Kalyan Pratishthan, Directorate of Public Edu., Madhya Pradesh in Mar 2013
20. Nominated member of grant in Aid Committee by PSS Central Institute of Vocational Education , Bhopal 2012.
21. Member of Selection Committee by PSS Central Institute of Vocational Education , Bhopal- 2012
22. Member of Interview Board for Admission to Ph.D By Barkatullah University, Bhopal - 2013
23. Member, Inspection Committee by Barkatullah University, Bhopal, Sahed Bhagat Singh College Vidisha- 2015.
24. Member, Selection Committee by Barkatullah University, Bhopal, for Sant Hirdaram Medical College, Bairagarh- 2016.
25. Member, Selection Committee by Barkatullah University, Bhopal, for All Saint College Gandhi Nagar Bhopal- 2016.

26. Member of District level Selection Committee by Govt. Hamedia Art & Commerce College , Bhopal- 2016.
27. Member, Selection Committee by Barkatullah University, Bhopal, PBGM College Aradhan Nagar Bhopal- 2016.
28. Governing Body Member by Barkatullah Unversity, Bhopal, for Sant Hirdaram Medical College, Bairagarh- 2016.
29. Governing Body Member by Barkatullah Unversity, Bhopal, for Govt. MLB College, Bhopal- 2016.
30. Member, Purchase Committee, Barkatullah University, Bhopal- 2016.
31. Member, Flying Squad Committee, By Barkatullah University, Bhopal- 2016.
32. Member, Stage Arrangement Committee, Convocation Ceremony By Barkatullah University, Bhopal- 2016.
33. Nominate Co Chairperson, for State Youth Festival 2015 by Barkatullah University, Bhopal
34. Member of Academic Council , Sarojini Naidu College, Bhopal- 2016.
35. Member Grant-in-Aid Committee (yoga Scheme MHRD) PSS Central Institute of Vocational Education- 2016.
36. Member of Examination Committee, Sant Gadge Baba Amravati University, Amravati (MH)-2016.
37. Member Grant-in-Aid Committee (yoga Scheme MHRD) PSS Central Institute of Vocational Education- 2016.
38. Nominated for Inspection committee by Central Council for Research in Yoga & Naturopathy, New Delhi in the year 2018.
39. Member of Finance Committee, Institute for Excellence in Higher Education, Bhopal. 2018
40. Member of board of study and Member of Selection Committee in Maharshi Panini Sanskrit & Vedic Vishwavidyalaya, Ujjain 2019.
41. Member of RAC, Gujrat Vidthpeeth Ahmadabad, 2021
42. Member of Disable Study Department, Barkatullah University, Bhopal. 2021
43. Member of RDC, Jiwaji Vishwavidhyalay, Gwalior 2021
44. Subject Expert of RDC, DAV, Indore . 2021
45. Member of Selection Committee , NITTTTR, Bhopal 2022
46. Member of Selection Committee , Parini Sanskrit Vedic Vishwavidhyalay, Ujjain 2022
47. Subject Expert of Member of Selection Committee , Shri Ram Sanskrit College, Chitrakoot . 2022

48. Subject Expert of Member of Inspection Committee In Shaheed Bhagat Singh College, Vidisha, 2022
49. Subject Expert of Member of Inspection Committee In Maharana Pratap College, Vidisha, 2023
50. Chairman of Inspection Committee In VNS College, Bhopal, 2023
51. Member Executive Council Barkatullah University Bhopal .

Membership in Board of Studies & RDC

- 1 Nominated as Member of Board of Study by Dr. Ram Manohar Lohia Awadh University, Faizabad, Uttar Pradesh .
- 2 Nominated as Member, Board of Studies in Education, constituted by Vice Chancellor, Barkatullah University, Bhopal.
- 3 Member, Board of Studies, Maharani Laxmibai Girls' Post Graduate Autonomous College, Bhopal.
- 4 Nominated as Member, Board of Studies for Maharshi Yoga, by Maharshi Mahesh Yogi VaidikVishwavidyalaya, Jabalpur.
- 5 Member, Board of Studies, Jiwaji University, Gwalior .
- 6 Member, Board of Studies, Jain Vishwa Bharti Vishwavidhyalaya, Ladnun, Rajasthan.
- 7 Member, Board of Studies Rabindra Nath Tagore University, Bhopal.
- 8 Member, Board of Studies, Atal Bihari Vajpai Hindi Vishwavidhyalaya, Ladnun, Bhopal.
- 9 Member, Board of Studies , Sarojini Naidu College, Bhopal
- 10 Member, Board of Studies, by DAV , Indore
- 11 Member Board of Studies, Parini Sanskrit Vedic Vishwavidhyalay, Ujjain
- 12 Member Board of Studies, Degree College of Physical Education , Amravati, Maharashtra
- 13 Member Board of Studies, Shoban Singh Jeena University, Almora (UK)
- 14 Member of RDC, Jiwaji University, Gwalior
- 15 Member of RAC, Gujrat Vidhyapeeth Ahamdabad (Gujrat)
- 16 Member of RDC, DAV , Indore (M.P)
- 17 Member Board of Studies, Lakulish Yoga University, Ahmedabad, Gujrat

Contribution to profession related activities in other higher education institutions

1. Nominated as a subject expert in committee of Value Education in 2008 in Syllabus Committee (Yoga Subject) in the M. P. State Education Research & Training Council, Bhopal for Class 6th, 7th, and 8th.
2. Nominated as Member of Executive Committee for 'Rashtriya Shishak Kalyan Pratishthan' by Madhya Pradesh Government.
3. Nominated as a subject expert in committee of Value Education in 2008 in Syllabus Committee (Yoga Subject) in the M. P. State Education Research & Training Council, Bhopal for Class 6th, 7th, and 8th.
4. Special Invitee in the meeting convened by Hon. Minister of School Education, for discussing & promoting Yoga and Bhagwat Geeta Education in school curriculum in Madhya Pradesh.
5. Nominated as a subject expert. a member of Syllabus Committee (Yoga Subject) in the M. P. State Education Research & Training Council, Bhopal in 2007 for Class 6th, 7th, and 8th .
6. Nominated as a member subject expert of Book Writing Group for Class 6th and 7th by M.P. State Education Research & Training Council, Bhopal in 2007
7. Member, All India Philosophy Association.
8. Member, All India Committee for Eradication of Illiteracy among Women.
9. Member, Bhartiya Mahila Darshnik Parishad.

Awards/Honors /Recognitions

- Recognition by the State Government for the outstanding contribution in the field of Yoga Education during 2007-08. The Letter of Commendation (PrashastiPatra) was presented by the Hon. Chief Minister of Madhya Pradesh.
- Honored by Yoga VidyaJagritiAbhiyan, International Holistic Health Movement and International Yog Confederation of India, on 30-July-2009 for contribution in the field of Yoga.
- Honored by the Mayor, Mrs. Krishna Gaur on 07-Mar-2010, for Social Work for the promotion of Yoga in the slum areas.
- Honored by Nisha Joshi Academy on 10 March 2019 Global Pride Women's Award of Excellency "Yoga Ratna" for Dedicated Contribution & Outstanding Service in field of Yoga
- Honored by International lions Club District – 320 –C1 Radha Krishnan Award for In Recognition of Persistent Analysis Reassessment & Innovation in field of Learning and Teaching 2021
- Honored by Gurukul Kangri, Vishwavidhalay , Haridwar (U.K) on 27-2-2023 "Yoga Amrit Award," for Dedicated Contribution & Outstanding Service in field of Yoga

Publications

- Patanjali Yoga Saar', published by MadhulikaPrakashan, Allahabad. (ISBN : 978-81-88985-11-1)
- 'Jain Yoga Sadhana' published by SaksharPrakashan, Allahabad. (ISBN : 978-93-80961-002).
- उच्च शिक्षा के क्षेत्र में योग एवं मूल्य परक शिक्षा - published by Chokhamba New Delhi.
- Samagra Svasthya ka aadhar Ankurit Ahara, Published by Indra Publisher, Bhopal
- Sanskrit Subhodh, Published by Success Point Publisher, Bhopal
- Sahayak Vachan For Class 6,7,8, Published byMadhya Pradesh Rajya Shiksha Kendra, Bhopal, Bhopal
- Pathanjali Prabha, Sopan 1& 2, Published by Maharani Laxmibai Jan Kalyan Samiti, Bhopal
- Common Yoga Protocol Booklet Parts 1,2 & 3
- Along with 80+ Research Papers & 50 Chapters & Articles.

Media Presentations

- Appeared in a personal interview on the invitation from Doordarshan Bhopal to speak on the issues related to health and yoga.
- The proceedings of the workshop organized by Dept of Yoga were telecast on Doordarshan and Local TV along with the personal interview.
- Personal interview and the activities of Yoga Dept. along with the demonstration of students were covered by ETV, New Delhi.
- Television coverage in Jan Manch Programme as Yoga expert, etc.
- Special Programmes on Doordarshan and Akashvani on Yoga

Personal Information

Date of Birth	:	June 12, 1961
Marital Status	:	Married
Name of spouse	:	Shri Rakesh Kumar Dauneria

Prof. Sadhana Dauneria
Head & Dean
Department of Yoga
Barkatullah University, Bhopal (M.P.)