

## **Dr. Ruchi Shukla**

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*Looking for opportunities in field of yoga, where I can learn & lead people towards a deeper level of awareness, physical fitness and healthy lifestyle along with mental peace.*

### ***AREA OF EXPERTISE***

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- Yoga & health
- Teaching
- Hath yoga & therapeutic basis of yoga
- Power Yoga
- Communication
- Public speaking
- Motivator
- Human psychology
- Mathematics

### ***PROFESSIONAL EXPERIENCE***

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#### **1. Guest Faculty, Department of Yoga, Barkatullah university, Bhopal (2020 - till now)**

- Taking practical classes of diploma & PG students
- Teaching yoga & health to PG students
- Teaching therapeutic basis of yoga and health & disease to therapy students
- Evaluating performance by taking lesson plan & case study, practical, periodicals etc.
- General administration
- Liaoning with other department and administrative block.

#### **2. PRT – Yoga, St. Joseph's Co-Ed School, Bhopal (2018 – 2021)**

- Taught yoga to children from class 1<sup>st</sup> to 8<sup>th</sup>
- Additional responsibility of additional class teacher.
- Took regular Six classes per day.
- Part of committees such as Sports and cultural events.
- Was at forefront during implementation of online classes.

#### **3. Samutkarsh Academy of Yoga, Music & Holistic living (Ahmedabad). (2014 – 2015)**

- Responsible for taking three to four yoga sessions daily in batches comprising of 50 learners.
- Taking session of Hatha Yoga, with populace of all age group and medical condition.
- Taking customized batch of obesity control.
- Taking regular batch of power yoga.
- Have also taken sessions designed for children in the age group of 7 to 12.
- Have assisted HOD in sessions of therapeutic healing and shattkarma.

#### **4. Bal Bharti Public School Jhansi (1999 – 2001)**

- Taught mathematics and science in classes from 6<sup>th</sup> to 9<sup>th</sup>.
- Preparing study plan.
- Evaluating the examination test papers

#### **5. Personal classes (2013 – till now)**

- Taking personalized therapeutic class at society club house and self-residence.
- Classes especially for women with arthritis, thyroid, diabetes etc.

### ***MAJOR ACCOMPLISHMENTS***

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- Secured second position in Teachers training program.
- Secured first position in Post graduate diploma in Yoga therapy from Barkatullah University.
- Secured first position in M.Sc. in human consciousness and yogic science from Barkatullah University.

### ***IT SKILLS:***

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MS-office and Internet/ Email

### ***PROFESSIONAL TRAININGS***

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- Completed teachers training in Yoga from Samutkarsh, Ahmedabad.
- Participated as yoga trainer in “National awareness programme on Yoga and Diabetes.”
- presented paper entitled **yoga for efficiency** in national seminar on “yoga for nation building “, organized by department of yoga Barkatullah university, Bhopal (M.P.)
- participated in national workshop on research methodology and scientific writing organized by research & development cell of SAM global university
- presented paper “**Yoga: An Ancient Way to Reduces Work Stress**” in conference organised by SAM Global University on 20th December 2022
- presented paper entitled pranayama: **the secrete of stress-free life** in international conferees on “yoga in synergy with science” organized by Utrakhand sanskrit University Haridwar On 25-26 February 2023

- attended National conference on "Role of Yogis in Indian Independence Movement" in Gurukula Kangri (Deemed to be University) Haridwar 27-28 February 2023

### ***ACADEMIC CREDENTIALS***

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- PhD from SAM Global university - 2025
- UGC NET qualified in 2019.
- MSc in human consciousness and Yoga from Barkatullah University - 2019
- Post graduate diploma in Yoga therapy from Barkatullah University – 2017
- certificate in teachers training program from Samutkarsh academy - 2013
- M.Sc in Physics from Bundelkhand University, Jhansi - 1999.
- B.Sc. from Bundelkhand University, Jhansi – 1997