

Curriculum Vitae

1. Personal Information

- Full Name: Sayonara
- Designation: Assistant Professor
- Department/Discipline: Department of Studies in Art & Culture
- Date of Birth: 9 December 1991
- Gender: Female
- Nationality: Indian
- Address for Correspondence:
H. No. 35, Rao Tularam Vihar Colony, Rampura, Rewari, Haryana – 123401
- Mobile Number: 8930368808
- Email ID: sayo.rao1992@gmail.com
- LinkedIn/Research Profile: Sayo Rao

2. Career Objective

A dedicated Yoga educator and PhD scholar with a strong academic foundation in classical Indian philosophy, human anatomy, and yogic sciences. Aspires to contribute to academic excellence through innovative teaching, connecting with ICT, and the integration of traditional yogic wisdom with contemporary scientific methodologies. Committed to fostering holistic student development and advancing the field of Yoga education and technology.

3. Educational Qualifications

- PhD in Yoga – Pursuing
- M.Sc. in Yoga – University Gold Medalist
- UGC-NET (Yoga) – Qualified five Times.
- M.A in English
- B.Tech in Computer Science & Engineering

4. Teaching Experience

- Total Teaching Experience: 2 Years
- Current Position: Assistant Professor of Yoga, Gurugram University

Key Responsibilities:

- Delivering theoretical and practical instruction to B.A. and Diploma students in Yoga Studies
- Guiding students in yogic practices, anatomy, and philosophy
- Assisting in curriculum planning and academic activities
- Promoting research-oriented and experiential learning approaches

5. Research Experience:None**Research Projects:**

- None

Research Guidance:

- None

6. Publications

Book:

- *Yoga: A Way of Life*
ISBN-13: 978-8196213039

7. Research Projects / Grants

- Nil

8. Conferences, FDPs & Workshops Attended

Conferences:

- International Conference on Bhagavad Gita Philosophy.
- International Conference on Ancient Indian Knowledge System.

Workshops:

- Professional Workshop on Yoga Therapy Applications

Extension Lectures:

- Guest Speaker on “Respiratory System” at Government Girls College, Rewari (February 2026)
- Guest Speaker on “Respiratory System and Yogic Practices” at Government College, Kharkhada, Rewari (March 2026)

9. Awards & Achievements

- Awarded University Gold Medal for academic excellence during M.Sc. studies
- Successfully qualified the UGC-NET in Yoga for Assistant Professorship

10. Skills

Academic & Teaching Skills

- University-level teaching and curriculum development in Yoga and Anatomy
- Practical training in Yoga education and therapy

Research & Technical Skills

- Proficient in research methodology and academic writing
- Skilled in the application of Information and Communication Technology (ICT) in academics and research

Administrative & Organizational Skills

- Experience in organizing conferences, workshops, and academic events
- Effective coordination of student academics and institutional activities

Classical Literature & Interpretation

- Expertise in the translation, interpretation, and analytical explanation of classical yogic texts and scriptures