

Curriculum Vitae

1. Personal Information

- Full Name: Ms Seema Yadav
- Designation: Assistant Professor
- Department/Discipline: Department of Studies in Art & Culture
- Date of Birth: 11 Oct, 1985
- Gender: Female
- Nationality: Indian
- Address for Correspondence:
H. No. -471, Sector-31, Gurugram, Haryana 122001
- Mobile Number: 9310000010
- Email ID: yadavseema08@gmail.com
- LinkedIn/Research Profile: yadavseema08@gmail.com

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 (Aug 2023-Aug 2026), Jayoti Vidyapeeth Jaipur, Rajasthan
- M.A Yoga –Indira Gandhi University, Meerpur, Rewari
- UGC-NET qualified in Yoga

4. Teaching Experience

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

Key Responsibilities:

- Class Coordinator B.A Yoga & Diploma in Yoga
- 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 :

- **Certificate of Book Editing-COVID-19:The justice of nature: For the nature by the nature. ISBN :978-93-90188-09-3**

Paper published in journals :

- **Role of Pranava Mantra Japa as an adjunct to Surya Namaskara in the Management of Competitive Examinations related Anxiety among Adolescents: Journal of Carcinogenesis, ISSN: 1477-3163**
- **"आयुर्वेद द्वारा हृदय स्वास्थ्य में सुधार का अध्ययन" IOSR Journal of Humanities and Social Science (IOSR-JHSS) -ISSN: 2279-0837**
- **योग द्वारा हृदय स्वास्थ्य में सुधार: एक विवेचनात्मक अध्ययन: IJAR ISSN:(O)2320-5407**

7. Research Projects / Grants

- Nil

8. Conferences, FDPs & Workshops Attended

Conferences:

- **Srimadbhagavad Gita: A Philosophical and Practical guide for Indian Knowledge System : Gurugram University,11-12 Feb,2026**

- **Integrating, Yoga, Ayurveda, IKS & AI for Holistic Health and Innovation: Himalayiya Ayurvedic (PG) Medical College & Hospital Dehradun UK, 18-19 April, 2026**

FDP

Application of AI in Higher Education Teaching, Learning & Research: Jayoti Vidyapeeth Women's university Jaipur, 13-17 Oct, 2025

Workshops:

- Professional Workshop on Yoga Therapy Applications

Extension Lectures:

- Guest Speaker on “Upnishad” at Government Girls College, Rewari (February 2026)

9. Awards & Achievements: None

10. Skills

Academic & Teaching Skills

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

Administrative & Organizational Skills

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