



Mahim Tiwari

Education

- **High-School** passed from CBSE board (9.0 CGPA) (2013).
- **Inter-Mediate** passed from CBSE board with PCM (80%) (2015).
- **B.Sc. (Yoga science)** from University of Patanjali (2016 – 2019).
- Completed **YIC (Yoga Instructor Course)** from **SVYASA-Bengloru** (2019).
- **M.Sc. (Yoga Science)** From University of Patanjali (2019 – 2021).
- **UGC – NET** in Yoga.
- **Perusing Ph.D** in Yoga from Faculty of Ayurved, IMS, Banaras Hindu University, Varanasi



Gonda, Uttar Pradesh



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www.instagram.com/kavimahimtiwari/

Experience

July 2021 – June 2022

Yog Therapy Volunteer • Assistant Trainee • **Yog & Shatkarma Department, Patanjali Ayurved Hospital, Haridwar**



Books & Publications

Research Articles

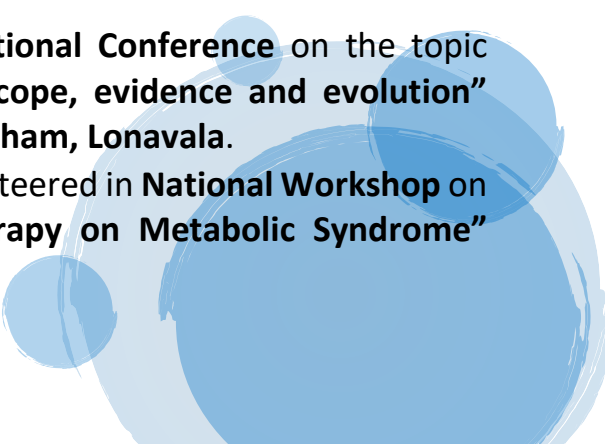
- Published a **Research Article** entitled ‘**Ahaar According to Bhagwad Geeta**’ in **UGC – CARE Reference Listed Journal –Journal of Gujrat Research Society** with ISSN – 0374-8588 & **Impact Factor – 4.3**
 - Published a **Research Article** entitled ‘**An In Depth Analysis of Gunas in Bhagwad Geeta : Understanding The Three Types of Nature**’ in **UGC Approved International Peer Reviewed Journal – AD VALOREM : Journal of Law** with ISSN – 2348-5485 in Vol-9 Issue – I (January-March - 2022)
 - Published a **Research Article** entitled ‘**Understanding the Concept of Yoga in Various Yogic Texts**’ in **UGC Approved International Peer Reviewed Journal – AD VALOREM : Journal of Law** with ISSN – 2348-5485 in Vol-9 Issue – II (April-June - 2022)
 - Published a **Research Article** entitled ‘**Aaahar Described in Bhagwad Geeta : An Overview**’ in **UGC Approved International Peer Reviewed Journal – Emerging Researcher : Research for All** with ISSN – 2348-5590 in Vol-9 Issue – III (July-September : 2022)
 - Published a **Research Article** entitled ‘**Understanding Types of Karma and Yoga in Bhagwad Geeta : a Comprehensive Analysis**’ in **UGC Approved International Peer Reviewed Journal – AD VALOREM : Journal of Law** with ISSN – 2348-5485 in Vol-9 Issue – IV (October-December : 2022)
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- Published a **Research Article** entitled **‘Sapt Dhatu in Ayurveda : Understanding the Seven Tissues for Holistic Health’** in **UGC Approved International Peer Reviewed Journal – Emerging Researcher : Research for All** with ISSN – 2348-5590 in Vol-10 Issue – I (January-March : 2023)
 - Published a **Research Article** entitled **‘Yog and Liberation’** in **UGC Approved International Peer Reviewed Journal – AD VALOREM : Journal of Law** with ISSN – 2348-5485 in Vol-10 Issue – I (January-March : 2023)

Books

- Authored a Book **‘Gherand Samhita – For UGC-NET’** with ISBN - 978-1-63606-069-9
- Written a Poetry Book **‘Aawaz’** which is inaugurated by **PP Swami Ramdev ji Maharaj on Guru Purnima – 2021.** ISBN – 978-1648690846
- Edited a Poetry Book **‘Anpadhe Khat’** with ISBN – 978-1648991592
- A Book titled **‘Why Yog’** is Under Publication with **Notion Press Publication, Chennai.**

Workshops/Conferences/Lectures

- Attended **9th International Conference** on the topic **“Yoga as Therapy : scope, evidence and evolution”** organized at **Kaivalyadham, Lonavala.**
 - Participated and Volunteered in **National Workshop** on **“Effects of Yoga Therapy on Metabolic Syndrome”**
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- organized in **University of Patanjali** at Patanjali Yogpeeth, Haridwar.
- Attended **International Conference** on the topic **“Yoga for Health and Therapy”** organized by **Patanjali Research Foundation** at Patanjali Yogpeeth, Haridwar.
 - Participated in **Workshop** on **“Mental Health”** organized by **Psychology Department, University of Patanjali**.
 - Delivered a lecture on the Topic ‘सनातन शास्त्रों में आधुनिक विज्ञान’ in **Shri Swami ji Maharaj College, Datia** in Collaboration with **District Archeology, Tourism and Culture Council, Datia, MP**
 - Delivered a Lecture in **Kumite Training Seminar**, organized by **SEIKO KAI KARATE INTERNATIONAL, UP** in **Panini Kanya Mahavidyalaya, Varanasi**.

Presentations and Awards

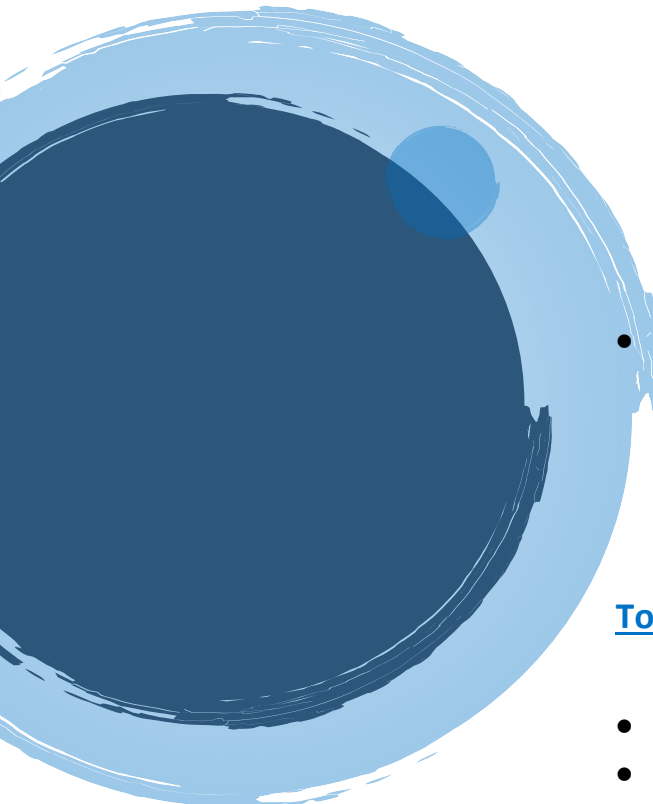
PRESENTATIONS

- Presented a research paper with title **“Effect of Integrated Yoga Therapy on Diabetes Mellitus”** in International Conference organized in Patanjali Yogpeeth, Haridwar.
- Organized a special **“Therapeutic Yoga Class”** on the **5th International Yoga Day (21st June 2019)** at **Lal Bahadur Shashtri Degree College, Gonda**.
- Volunteered as **Anchor** in The **Grand Master of Yoga – 2019 Audition** held on October 11, 2018 in Patanjali Yogpeeth, Haridwar

Extra-Curricular -

- Got **1st prize** in **University level Debate Competitions** organized in **“Abhyuday – 2018”** as well as in **“Abhyuday – 2019”** at University of Patanjali.
- Played **lead role** in **1st award winning Act**





Competitions organized in “Abhyuday – 2018” as well as in “Abhyuday – 2019” at University of Patanjali.

- Got **1st prize** in Poem on “Mother” presented in a “**Poetry Competition**” in workshop on “Mental health” organized at **Patanjali Yogpeeth, Haridwar.**

Topics on command

- Yogic Text
- Bhagwad Geeta
- Research
- Sanskrit
- Anatomy and Physiology
- Therapeutic aspect of yoga

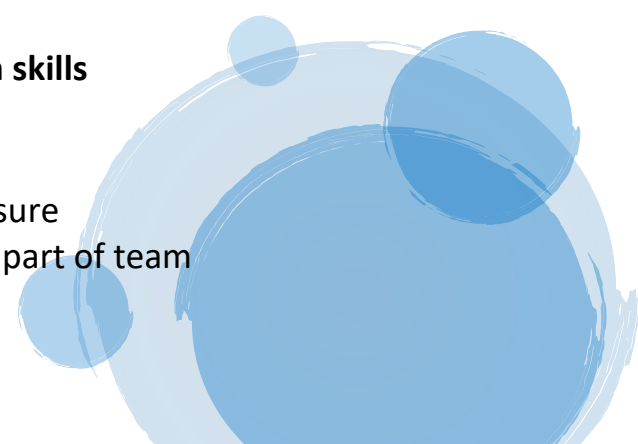
Skills

- Teaching
- Spiritual Thinker
- Motivational speaker & Poet
- Writer
- Counsellor
- Content Creator

Personality

Key points

- **Good communication skills**
- **Fast learner**
- Flexible nature
- Ability to handle pressure
- Ability to lead or be a part of team





Personal Details

- Father's Name :- Prof. Jai Shankar Tiwari
- Date of Birth :- 25 – 01 – 1999
- Languages Known :- Hindi and English
- Marital Status :- Single
- Nationality :- Indian
- Address :- Amma Bappa Bhawan,
Opposite Asian Furniture,
porter Ganj, Gonda, UP
(271001)

I hereby confirm that all the details produced by me are true.



Mahim Tiwari

