

CURRICULUM VITAE

Personal Information

Name- Dr. Anjali Prabhakar
Date of birth- 15-10-1996
Sex- Female
Marital Status- Unmarried
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Goal

An organized professional with effective teaching, guidance, and counseling skills. Possess a strong track record in teaching yoga and research. Ability to be a team player and resolve problems and conflicts professionally. Skilled at communicating complex information in a simple and entertaining manner. Looking to contribute my knowledge and skills in a university that offers a genuine opportunity for career progression.

Teaching Experience

- **Currently working as an Assistant Professor in the Department of Yoga Science, University of Patanjali, Haridwar, Uttarakhand, India.**
- Carried out both research and teaching simultaneously during my Ph. D. work. The teaching and research were carried out from 2020 to 2024. National Assessment Accreditation (NAAC) work was also carried out during my research and teaching period for five years.
- Worked as an Assistant Professor in the Faculty of Yogic Sciences and Naturopathy of Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak, Haryana since 2nd Aug 2018 to 23rd April 2019.
- Worked as a yoga instructor in KVS, Hardoi, U. P. since 25 Sep 2017 to 28 Feb 2018.

Educational Qualification

SI NO.	Qualification	Board/University	Year	Percentage
1.	Ph.D. in Yoga Science	University of Patanjali Haridwar (U.K.)	2025	Awarded
2.	UGC – NET, JRF	University Grant Commission	2019	Qualified
3.	M.A. in Yoga Science	University of Patanjali, Haridwar (U.K.)	2017	70.92%
4.	B.A. in Yoga Science	University of Patanjali, Haridwar (U.K.)	2015	69.33%

Note- I have Submitted my thesis and waiting for viva.

Skills

- Teaching
- Acupressure
- Communication
- Presentation skills
- Research Team building
- Project proposals
- Data analysis (SPSS)
- Social work

Hobbies

- Book reading
- Learning new things
- Singing
- Dancing
- Guitar Playing
- Meditation

Published Research Papers

Sl. No.	Title	Author	ISSN No.	UGC Care List	Year
1.	Karma Yoga Concept in Shrimad Bhagavat Gita: A Conceptual Frame Development	Anjali Prabhakar, Prof. Paran Gowda	2394-0298	Yes	2021
2.	Gender Difference in Emotional Intelligence and Happiness Levels Among the Student	Anjali Prabhakar, Nishant Kumar Prof. Paran Gowda	0972-0766	Yes	2023
3.	Effect of Mindfulness Meditation on Self-Esteem in Adolescents	Deepanshi Arya, Nishant Kumar, Anjali Prabhakar, Prof. Paran Gowda	2278-6864	Yes	2023
4.	Concept of Excellence in Duty Orientation: A New Scale Development	Anjali Prabhakar, Rashmi Patel, Deepanshi Arya, Prof. Paran Gowda	1001-4055	Tuijin Jishu/Journal of Propulsion Technology	2024
5	Advantages of Savita Meditation over Transcendental Meditation Methods: Electromagnetic Energy Difference Between the Two Meditation Systems	Rashmi Patel, Anjali Prabhakar, Om Narayan Tiwari, Prof. Paran Gowda	1001-4055	Tuijin Jishu/Journal of Propulsion Technology	2023
6	Effect Of Bhramari Pranayama On Stress Levels In Undergraduate Students	Archana Shekhar, Archana Maurya, Anjali Prabhakar	2148-2403	Educational Administration : Theory and Practice.	2024
7	The practice of karma yoga in daily life: A path to selfless living and spiritual growth	Anjali Prabhakar, Archana Maurya and Paran Gowda	2583-9667	International Journal of Advance Research in Multidisciplinary	2024

Published Book

Sl. No.	Title	ISBN NO.	Publisher	Year
1.	Upnishdon Ka Sarlikaran	9789358194562	Bluerose Publishers	2023
2.	Excellence In Duty Orientation: A New Scale Development from Vedas	978-1-63754-563-8	Shriram Yog Training & Research Society, Kunda, Pratapgarh, U.P. India.	Dec 2022

Workshops and Conferences

- Attended an International Workshop on “Climate change, Disaster Management & Disaster Medicine” Organized by University of Patanjali, Haridwar U. K. from 12-13 April 2025.
- Presented a research paper on the topic “Practice of Karma Yoga in Daily Life” in Inter National Conference on Harmonizing Ayurveda, Technology and innovation for a healthier Future” Organized by Patanjali Research Institute, Haridwar U. K. from 27-29 Oct 2024.
- Presented a research paper on the topic “Advantage of Savita Meditation Over Transcendental Meditation Method: Electromagnetic Energy Difference Between the Two Meditation Systems” in National Conference on “Pranayama Kosha: Conservation, Progression and Therapy” Organized by University of Patanjali, Haridwar U. K. from 30-31 Aug 2024.
- Presented a research paper on the topic “Role of Savita Meditation in Prevention and Curing of Chronic Ailments at Patanjali Hospital, Haridwar” in International Conference on “Indian Meditation System for Holistic Health” Organized by Department of Yoga Science, University of Patanjali, Haridwar, U. K., from 18-19th Aug, 2023.
- Presented a research paper on the topic “Superiority of Savita Meditation Over Transcendental Meditation Methods: Electromagnetic Energy Difference” in International Conference on “Indian Meditation System for Holistic Health” Organized by Department of Yoga Science, University of Patanjali, Haridwar, U. K., from 18-19th Aug, 2023.
- Presented a research paper on the topic “Spiritual Behavior as a predictor of Happiness: Can it be From Wealth” in International Conference on “Modernization of Traditional Indian Medicine: Public & Industrial Pretrial” Organized by Patanjali Research Institute, India from 1 to 4th Aug, 2022.
- Presented a research paper on the topic “Impact of Yoga on Reproductive Issue of Women” in International Conference on “Recent Advance in Prasuti Tantra & Stri Roga” from 26 to 27th March, 2022, Organized by Department of Prasuti Tantra Faculty of Ayurveda, Institute of Medical Sciences BHU, India.

- Presented a research paper on the topic “Effect of Spirituality Scale to over Narcissistic Personality” in International Conference on “Nadyoga for World Place” on 6th March, 2021, Organized by GMVN & UTDB, Ministry of Tourism, Uttarakhand Government”, India.
- Presented a research paper on the topic “Karma Yoga Concept in Shrimad Bhagwad Gita: A Conceptual Frame Development” in International Conference on “Revealing Scientific & Behavioral aspects of Yoga and Spirituality in special context of Maha- Kumbha” on 20 to 21 Feb, 2021, Organized by Indian Association of Yoga, New Delhi, India
- Presented a research paper on the topic “Excellence in Duty Orientation: A New scale Development from Vedas” in International Conference on “Yoga Yagya & Ayurveda” on 12 to 13 Dec, 2022, Organized by GMVN & UTDB, Ministry of Tourism, Uttarakhand Government”, India
- Presented a research paper on the topic “Role of Yama & Niyamas in Personality Development” in International Conference on “Social Restructuring Through of Yoga” on 20th July, 2022, Organized by Himalayan School of Yoga Science, Dehradun, Uttarakhand, India
- Poster Presentation on the topic “Classification of Medicinal Plants and Etymology with Artificial Intelligence Algorithms” in International Conference on “Integration of Traditional Medicinal Systems with Modern Science Relevance, Opportunities and future Perspectives” Organized by Patanjali Research Institute, India from 11 to 13th March, 2021.
Participated in 2-day National Workshop on “RCT” from 27 FEB to 28 FEB, 2024.

Achievements

- NSS-A examination certificate, 2013.
- NSS-B examination, certificate, 2015.
- Certificate of participation: Red Ribbon Club, NSS.
- Certificate of participation: Sanskrit language program.

References:

1. **Prof. Paran Gowda,**
Professor, University of Patanjali, Haridwar, India.
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2. **Dr. Narendra Singh,**
Assistant Professor, Dr. Bhimrao Ambedkar University,
Lucknow, India. Email: narendra.singh@uop.edu.in, Mobile
no. 9759727882.
3. **Prof. Ganesh Dutt Sharma,**
Vice Chancellor, University of Science & Technology Meghalaya, India.

Email: ganesh.dyoga@gmail.com, Mobile no. 9406216401.

Declaration: I declare hereby that all the information given above is true and correct to the best of my knowledge.

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Language- Hindi & English

Nationality- Indian

A handwritten signature in black ink, appearing to read 'Anjali Prabhakar', written over a horizontal line.

Anjali Prabhakar