

## Curriculum Vitae



Name- Dr. Sachin Bhardwaj

Date of Birth: 01/03/1994

Apply for the Post- Assistant Professor (Yoga)

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### Educational Qualification:

High School	2008	Gurukula Kangri Vishwavidyalaya, Haridwar (UK)	62.69%
Intermediate	2010	Gurukula Kangri Vishwavidyalaya, Haridwar (UK)	64.48%
B.A. (Sanskrit) Private	2014	C.C.S. University, Meerut (UP)	54.81%
M.A.(Sanskrit) Private	2016	C.C.S. University, Meerut (UP)	64.01%
M.A.(Yoga) Distance	2019	Uttarakhand Open University, Haldwani (UK)	66.08%
N. & Y.S. T.T. C.	2013	Patanjali University, Haridwar (UK)	68.00%
P.G. Dip. In Yoga	2014	Kaivalyadhama Yoga institute, Lonavala (MH)	73.00%
NET-JRF (Yoga)	2019	U.G.C. New Delhi.	67.33%
SRF	2023	Dept. of Yoga Education, Dr. H.S. Gour Vishwavidyalaya, Sagar, (MP)	
PhD (Yoga)	2024	Dept. of Yoga Education, Dr. H.S. Gour Vishwavidyalaya, Sagar, (MP)	

Topic: गुरु नानक देव जी के साहित्य में बंधन और मोक्ष का योग के परिप्रेक्ष्य में समीक्षात्मक अध्ययन  
(Theoretical & Practical - "Mool Mantra Chanting Effect On Mental Health of adolescents")

Research Area - Traditional Yoga & Applied Yoga

Summary of Publication - Research Papers – 10 (7 In UGC Care listed Journals)

Chapters In Book - 4

Paper Presentation - 10

Conference/ Workshops/Seminar/Webinar Attended- 12

## **Work Experience:**

<b>Mar. 2014 - June 2014</b>	<b>-Yoga and Naturopathy Therapist at Naturopathy &amp; Panchkarma Research Institute, Yoggram, Haridwar.</b>
<b>Aug. 2015 - Nov. 2015</b>	<b>-Internee Yoga Teacher at JNV Kottayam, Kerala</b>
<b>Nov. 2015 - Dec. 2015</b>	<b>-Internee Yoga Teacher at JNV Kolhapur, Maharashtra</b>
<b>Dec. 2015- April 2016</b>	<b>-Internee Yoga Teacher &amp; Research Assistant at Hospital &amp; P.L.R.D. Kaivalayadhama Yoga Institute, Lonavala, Maharashtra.</b>
<b>May 2016 – May 2017</b>	<b>-Yoga Therapist at RKM Hospital, Itanagar, Arunachal Pradesh</b>
<b>Aug 2017 – Jan. 2018</b>	<b>-Yoga Teacher at Wang she Yoga Studio, Liocheng, Shandong, China</b>
<b>April 2018 - May 2019</b>	<b>-Yoga Teacher at Kerala Ayurveda Centre, Moscow, Russia</b>
<b>July 2019 - Jan. 2021</b>	<b>-Freelancer Yoga Teacher at Wazirabad, Gurugram, Haryana</b>
<b>Feb. 2021- April 2024</b>	<b>-Research Scholar at Dept. of Yoga Education, Dr. H S. Gour Vishwavidyalaya, Sagar, (MP)</b>
<b>From 11 Nov. 2024 - Currently Working</b>	<b>-Guest faculty in Department of Yogic art and Science, Vinaya Bhawan, Visva-Bharati Central University, Santiniketan West Bengal, India</b>

### Publications:

2020	1- भारद्वाज, सचिन, गिरी. प्रो.गणेश शंकर. (सितम्बर-अक्टूबर 2020) योगदर्शन में ध्यान के सूक्ष्म आयाम: समापत्ति एक अध्ययन. दृष्टिकोण. (यू.जी.सी. केयर जर्नल). 12(5). 632-635. ISSN: 0975-119X.
2021	2-भारद्वाज, सचिन. गिरी, प्रो. गणेश शंकर. (जून 2021) योगदर्शन में ईश्वर का स्थान: एक साधन या साध्य. इंटरनेशनल जर्नल आफ हिन्दी रिसर्च. (पियर रिब्यू जर्नल). 7(3).140-142. ISSN : 2455-2232
2022	3-शर्मा, ज्योति. भारद्वाज,सचिन. (जुलाई-अगस्त 2022) हठरत्नावली में वर्णित अष्टकर्मों का स्वरूप. ज्योतिर्वेद प्रस्थानम् (यू.जी.सी. केयर जर्नल). 11(3).132-134. ISSN: 2278-0327X 4-भारद्वाज, सचिन. शंकर,प्रो.गणेश . (जुलाई- सितम्बर 2022). गुरु नानक देव जी की शिक्षाओं में यौगिक मूल्यों का चिंतन. शोध दिशा. (यू.जी.सी. केयर जर्नल). 59(3).335-339 ISSN : 0975-735X 5-भारद्वाज, सचिन. शंकर,प्रो.गणेश. (सितम्बर-अक्टूबर 2022) गुरु नानक देव जी के जपुँजी साहिब में ईश्वर के स्वरूप की योगदर्शन के परिप्रेक्ष्य में समीक्षा. ज्योतिर्वेद प्रस्थानम् (यू.जी.सी. केयर जर्नल). 11(4).163-165. ISSN: 2278-0327X 6-भारद्वाज, सचिन. शंकर,प्रो.गणेश. (नवम्बर-दिसम्बर 2022) गुरु नानक देव जी की यात्राओं में सामाजिक सद्भावना का स्वरूप. ज्योतिर्वेद प्रस्थानम् (यू.जी.सी. केयर जर्नल). 11(5).135-136. ISSN: 2278-0327.
2023	7-भारद्वाज, सचिन. शर्मा,ज्योति. (नवम्बर-जनवरी 2023) सिद्ध गोष्ठी और हठयोग में मोक्ष की संकल्पना का अध्ययन. शोध सरोवर (यू.जी.सी. केयर जर्नल). 7(25).29-32. ISSN: 2456-625X 8-भारद्वाज, सचिन. (वार्षिक शोध पत्रिका- जनवरी 2023). 21वीं सदी में योग के परिप्रेक्ष्य में मानसिक स्वास्थ्य का अवधारणा.स्तोम. (यू.जी.सी. केयर जर्नल). 327-331 ISSN: 2231-1041.
2024	9-भारद्वाज, सचिन. साव. डा, अरूण कुमार. (जनवरी 2024) भारतीय दर्शन परम्परा में वेदों की सार्वभौमिकता. National Journal of Multidisciplinary Research and Development. (पियर रिब्यू जर्नल). 9(1).16-18. ISSN: 2455-9040.
2025	10- भारद्वाज, डा. सचिन. (जनवरी-जून 2025). गुरु नानक देव की आसा की वार और श्रीमद् भगवद्गीता में बंधन के स्वरूप का तुलनात्मक अध्ययन. शब्दार्णव. An International Peer Reviewed Refereed Journal of Multidisciplinary Research. वर्ष- 11.अंक- 21.भाग -3. 205-207. ISSN: 2395-5104.

### Chapters in the Book:

2022	1- Bhardwaj, Sachin. (Jan. 2023). The Importance of ICT for Teacher Education in Modern Time. Teacher Education and National Education Policy 2020. Desh Vikas Publication. Andhra Pradesh. ISBN: 978-81-959362-0-5.
2023	2- Bhardwaj, Sachin. (June 2022). Yoga: A Holistic Approach for Human Life. Yoga Education: Towards Holistic Development. Desh Vikas Publication. Andhra Pradesh. ISBN: 978-81-947203-6-2.
	3- Bhardwaj, Sachin. (Feb. 2023). A Pioneer Message of Shri Aurobindo for Modern Education. Educational and Philosophical Thoughts of Sri Aurobindo Ghosh. Desh Vikas Publication. Andhra Pradesh. ISBN: 978-81-959362-3-6.
2025	4. भारद्वाज, डॉ. सचिन. (जुलाई 2025). राष्ट्रीय शिक्षा नीति : 2020 के परिप्रेक्ष्य में उच्च शिक्षा में योग शिक्षा की उपयोगिता. राष्ट्रीय शिक्षा नीति : 2020 और योग. किताबवाले- नई दिल्ली. ISBN: 978-93-49531-59-8

### Workshops/Seminar/Conference/Webinar Attended:

2015	1-8 <sup>th</sup> International Conference on “Yoga & Education: Principles and Practice” held at Kaivalyadhama Yoga Institute, Lonavala, from 27/12/2015 to 30/12/2015
2016	2- International Conference on “Science and Arts of Yoga: Theory and Practice” held at Dept. Of Sanskrit and Prakrit languages, Savitribai Phule Pune University, Pune from 24/01/2016 to 27/01/2016.
2021	3-10 <sup>th</sup> International Conference “Yoga & Mental Health: Scope, Evidence and Evolution” held at Kaivalyadhama Yoga Institute, Lonavala, from 28/12/2021 to 30/12/2021. 4-National E-Workshop on “Yoga and Corona Management” held by Department of Yoga Education, Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P. from 12/06/2021 to 21/06/2021.
2022	5- 1 <sup>st</sup> National Conference on “Sports Medicine & Yoga Therapy, Hosted by Sree Balaji Medical College & Hospital, Chennai from 28/01/2022 to 29/01/2022. 6-National Workshop on “Yoga Health, Harmony, & Happiness” held at Department of Yoga Education, Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P. from 11/04/2022 to 20/04/2022. 7- National webinar on “Move, Learn, Discover- Together for Better World” organised

2024	<p>by the Department of Physical Education &amp; Sports. Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P. at 23<sup>rd</sup> June 2022.</p> <p>8- National Webinar Series “Yatra (Yoga: Ancient Trends and Recent Advancement)” organised by Sarala Birla University, Ranchi-Jharkhand from 12/05/2022 to 11/06/2022.</p> <p>9-National Workshop on “Yoga and Alternative Therapies” held at Department of Yoga Education, Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P. from 11/04/2022 to 05/06/2023.</p> <p>10- 8 Days Lecture Series held in Online Mode and organised by Yoga Study Centre, Department of Yoga Education, Himachal Pradesh Central University, H.P. from 07/06/2023 to 14/06/2023.</p> <p>11- National Workshop on “Role of Yoga: Stress Management in Work Place” held at Department of Yoga Education, Maharishi University Of Management And Technology, Mangla, Bilaspur (C.G). From 26/11/2024 to 27/11/2024.</p> <p>12- 11<sup>th</sup> International Conference on “Yoga in Cancer Care” held at Kaivalyadhama Yoga Institute, Lonavala, from 05/12/2024 to 07/12/2024</p>
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### **Paper Presentation:**

2022	<p>1- Paper Presented at Akhil Bharatiya Vedic Sangosthi based on “Vaidik Vangmaya ke vividh Aayam aur Prasangigta” Organised by Department of Sanskrit. Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P. from 14/03/2022 to 15/03/ 2022</p> <p>Paper Tittle: Bhartiya Darshan Parampara me Vedo ki Sarvbhomikta.</p> <p>2- Paper Presented at 6<sup>th</sup> Annual Yuva Rastriya Sangosthi based on “Ithihas Pathyakaram : Varatman Pariprekshya aur Chunotiya” organised by Sanchi Bodh-Bharatiya Gyan Adhyaan Vishwavidyalaya, Sanchi, M.P. from 07/05/2022 to 08/05/2022.</p> <p>Paper Tittle: Guru Nanak dev ji ke Mool mantra ka maansik sthithi par parbhav.</p> <p>3-Paper Presented at International Seminar Based on “Post-Independence Indian Philosophy” organised by Department of Nyaya Philosophy, Central Sanskrit University, Devparyag Campus, Uttarakhand. From 14/07/2022 to 15/07/2022.</p>
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2024	<p>Paper Tittle: Sidh Ghosthi Aur Yogsutra me Maya ke Swaroop ki Samkalapna.</p> <p>4- Paper Presented at National Seminar Based on “The Use of ICT in Yoga, Sports, &amp; Physical Education and its impact on socio-Economic, Health and Environment” organised by Department of Physical Education, Govt. Degree College, Indupur, Gauri Bazar, Deoria, U.P. from 30/03/2022 to 31/03/2022.</p> <p>Paper Tittle: The Role of Yoga for Develop Holistic Health in Sportspersons.</p> <p>5-Paper presented at National Seminar Based on Yoga organised by UGC and Department of Human Consciousness &amp; Yogic Science and Dharmanidhi Yogapeetha, Mangalagangothri, Manglore University. From 09/06/2022 to 10/06/2022.</p> <p>Paper Tittle: Guru Nanak dev ke Sahitya me Bandhan ke Swaroop ka yog ke Pariprekshya me Samikshatmak Adhyaan.</p> <p>6- Paper Presented at National Seminar based on “Historical Developments and Modern Perspectives in Yoga” Held at Mahapurusha Srimanta Sankardev Viswavidyalaya, Unit-Rupnagar, Guwahati, Assam from 11/06/2022 to 13/06/2022.</p> <p>Paper Tittle: How to Live Harmonious life through Yoga: A Review Study.</p> <p>7 -Paper Presented at International Conference Based on “Indian Traditional Yoga System theory and Practice” organised by Department of Yogic Science, Gurukul Kangri (Deemed to be University), Haridwar from 24/04/2022 to 26/04/ 2022.</p> <p>Paper Tittle- Adhunik Jeevan me Yog ke pariprekshya me maansik swasthya ki awdharna.</p> <p>8- Paper Presented at Rastriya Sangosthi on “Art and Culture of Madhya Pradesh” Organised by Department of Ancient Indian Histroy,Culture and Archaeology . Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P. from 28/02/2024 to 29/02/ 2024</p> <p>Paper Tittle: Guru Nanak dev ki Aasa ki Vaar aur Srimadbhagwat Geeta me Bandhan ke Swaroop ka Tulnatmak Adhyaan.</p> <p>9- Paper Presented at National Seminar on “Yoga Therapy: An Integrated Approach” Organised by Department of Yoga. D.A.V. College for Girls, Yamunanagar Haryana. from 12/03/2024 to 13/03/ 2024</p> <p>Paper Tittle: The Study of Mool Mantra Chanting of Guru Nanak dev ji on Adolesence Mental Health: An Experimental Study.</p> <p>10- Paper Presented at National Seminar on “Mental Strength &amp; Endurance Through Yogic Remedies” Organised by Department of Yoga. D.A.V. College for Girls, Yamunanagar Haryana. from 20/03/2024 to 21/03/ 2024</p> <p>Paper Tittle: Guru Nanak Dev ke Japuji Sahib Aur Yogsutra me varnit karma sidhant ka samikshatmak adhyaan</p>
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**Reference:**

**1. Dr. Arun Kumar Sao (Assistant Professor)**

Department of Yoga Education, Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P.

Contact No. – 9425656196, E-mail: [aksao@dhsgsu.edu.in](mailto:aksao@dhsgsu.edu.in)

**2. Prof. B. I. Guru (HOD)**

Head of Yoga Education Department, Dr. Hari Singh Gour Vishwavidyalaya, Sagar, M.P.

Contact No. – 9425171824, E-mail: [hodyoga@dhsgsu.edu.in](mailto:hodyoga@dhsgsu.edu.in)

**3. Prof. Samiran Mondal (Head)**

Department of Yogic art and Science,

Vinaya Bhawan, Visva-Bharati Central University, Santiniketan West Bengal, India

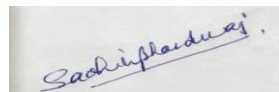
Contact No. – 943420938, E-mail: [samiran.mondal@visva-bharati.ac.in](mailto:samiran.mondal@visva-bharati.ac.in)

**Declaration:**

I **Dr. Sachin Bhardwaj** here by affirm that the above-stated information about me is true and correct as per my knowledge and belief.

**Date :**

**Place : Santiniketan, West Bengal**

A rectangular box containing a handwritten signature in blue ink. The signature appears to be 'Sachin Bhardwaj' written in a cursive style.

**(Dr. Sachin Bhardwaj)**