



Monika Pathak

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Self Directed, qualified and enthusiastic educator with passionate commitment to fostering student's development. Highly articulate with excellent interpersonal skills to deal with students and colleagues and administrators. Successful in leading and supporting student activities.

Professional Synopsis

- ▶ A hardworking & dedicated professional with expertise in taking responsibility for the management, controlling the students.
 - ▶ Implemented and advocated
 - ▶ Possess good analytical skills and successfully implement & improve new work processes.
 - ▶ Ability to continuously strive for improvement in existing processes.
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Competencies

Passionate	Outstanding Leadership	Good Coordinator
Reiki Healing Level 2	Workshops acumen	Yoga Instructor
Strong Communication and analytical Skills	Highly Confident and Self-motivated	Plan and supervise activities

Career Path

Bilaspur University
Director of Shuddha Yoga Kendra

March 2017 to Till Date
Sep 2016 to Till Date

Achievements & Contributions

- ▶ Working as a Yoga Teacher and instructor in Bilaspur University.
 - ▶ Worked as a coordinator in 1 month yoga workshops in different district by Ministry of AYUSH in 2018.
 - ▶ Taking yoga classes with wide range of ages and ability under "**SHUUDHA YOGA KENDRA**" for more than 4 successful years with more than 500 students.
 - ▶ **Parshuram Jayanti Award 2019.**
 - ▶ Actively Participated as Referee in First National Virtual Yoga Championship conducted on digital platform from 16th Oc2020t to 10th Nov 2020 Organised by Chaitanya Yog Sewa Sanstha Varanasi.
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Key Performance Areas

- ▶ Certificate of **Yoga Volunteer by the Yoga Certificate Board under the voluntary certificate of Yoga Professionals, Ministry of AYUSH, Government of India.**
- ▶ University State Level Selector of Yog.

- ▶ Worked as co-ordinator in Bilaspur University for 1 month yoga work shop in different university.
- ▶ Participated as Guest Speaker in **International Webinar** held at DLS College Bilaspur on Stress Management through Yoga during Covid-19.
- ▶ Participated as **State Referee** in Chhattisgarh Yogasan state Association 2021.
- ▶ Secured 1st Position in U.P. State yoga Championship-2019 held at Varanasi (U.P.).
- ▶ Participated in National Level Yog Competition -2019 held at Mumbai.
- ▶ Participated as **Host Speaker** in **National webinar** on "Mental Health Management in Covid-19 through Yoga" conducted by D.P. Vipra Law College Bilaspur.
- ▶ Participated as **Expert Speaker** in Chhattisgarh Yog Association & Yog Sevak.
- ▶ Participated as **key note speaker** in Govt. Agrasen College, Bilha Bilaspur Chhattisgarh.
- ▶ Got "**Vipra Kul Gaurav**" Samman-2019.
- ▶ Got "**Congress Khel Pratibha Samman**" 2021.
- ▶ Have Basic Knowledge of Chinese Acupressure and Sujok Acupunture Conducted by Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Allahabad.
- ▶ Attended National Seminar on World Peace and Harmony through Yoga at Gurukula Kangri Vishwavidyalaya, Haridwar.
- ▶ Participated in international Yoga Festival at Ganga Resort (GMVN), Rishikesh.
- ▶ Attended 3days training Work shop of Ribbion Club, hosted by University of Patanjali
- ▶ Attended National Seminar on "**Recent Trends in Yoga: Socioeconomic, Scientific & Global Perspective**" Organised by IQAC & NAAC Committee at **Masturi Bilaspur**.
- ▶ Participated in "**The Grand Level Yog Competition 2019**" in Mumbai by Gyan Yog Seva Kendra Recognised by **Ayush Maharashtra Govt.**
- ▶ Attended National Conference on "**Fit India: Holistic Health Care For Quality Life**" as a speaker, Organised by IQAC Pt L.M.S. Govt. PG College, Campus College Sri Dev Suman Uttarakhand University Rishikesh College **Rishikesh**.
- ▶ Have Basic knowledge of Pranic Healing conducted by Yoga Vidya Pranic Healing Foundation of Andhra Pradesh.
- ▶ Have done Reki up to 2nd Level.
- ▶ Played at central Zone in cricket, won at national level for consecutive 3 years.
- ▶ Participated chess at the university level.
- ▶ Participated baseball and softball National level.

Education

Qualification	Institute/Board	Year	Marks
M.A. YOGA(Naturopathy)	Rawatpura University	2020	84.56%
M. A. (Yoga)	Uttarkhand University	2019	65.50%
PGDYHCT	University of Patanjali	2016	68%
PGDCA	Dr C V Raman University, Bilaspur	2011	68.50%
PGDBM	Guru Ghasidas University	2010	69.38%
B. Com	Guru Ghasi Das University	2009	51.60%
Senior Secondary	Chhattisgarh Board	2005	56.40%
Higher Secondary	Chhattisgarh Board	2003	50.60%

Hobbies

- ▶ Performing Yoga
- ▶ Monitoring Yoga Camp
- ▶ Ability to give Yoga Lecture at any Stage on Various topics like Yoga, Hatyoga, Social issues etc.
- ▶ Social Work
- ▶ Playing all Sports
- ▶ singing

Personal Details

- ▶ Date of Birth: 25th Nov1987.
- ▶ Language Known: English and Hindi.

I do hereby declare that the above information given by me is true to the best of my knowledge.

Place:
Date:

(MONIKA PATHAK)