

NEERA SINGH

Asst. Prof. (Govt. V.Y.T.P.G. Autonomous College, Durg, Chhattisgarh)

Q.No.- 6/B, Street-2, Sector-1, Bhilai, C.G.

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PERSONAL SKILLS:

High motivation and an ability to working a team and individually.

WORK EXPERIENCE:-

- Working at Govt. VYT. P.G. College Durg, Chhattisgarh from 23/01/2021 to till now.
- Working at Govt. Digvijay P.G. Autonomous College at Rajnandgaon from 01/08/2017 to 20/01/2021.
- Self-running Shri Mritunjay Yoga Classes (Affiliated to Chhattisgarh Yog Sports Association and also Affiliated from Patanjali Yogpeeth Trust, Haridwar) from 2016 to till now.
- Durg District President of Chhattisgarh Yog Shikshak Mahasangh on 17th September, 2021 to till now.
- Judge and Referee in Chhattisgarh Yog Sports Association (Affiliated to International Yoga Sports Federation, Switzerland) from 2017 to till now.
- Joint Secretary and Judge in Chhattisgarh Amateur Yogasan Sports Association (2021 - 2022).
- Joint Organizing Secretary for One Day Online Awareness Programme organized by the **Govt. V.Y.T.P.G. Autonomous College, Durg, (C.G.)** on 24th May, 2021.

- Official in 1st National Hatha Yog championship 2019 held from 12/10/2019 to 14/10/2019 at Punjab Kesari Bhawan, Jora, Raipur, Chhattisgarh.
- Shared the stage with World Famous Yog Guru Baba Ramdev, when the Guinness Book of world record of Surya Namaskar was made in Bhilai (C.G.) on 12th January, 2017.
- Official and Judge in Yogasan competition held at **Kendriya Vidhyalaya**, Durg (C.G.) on 13th June, 2017.

EDUCATIONAL QUALIFICATION:-

- Pursuing Ph.D in yoga from Rawatpura Sarkar University (2020).
- Pursuing Diploma in Naturopathy Yogic Science (D.N.Y.S.) from Akhil Bhartiya Prakritik Chikitsa Parishad (2019 to till now)
- Diploma in Naturopathy and Yoga (N.D.D.Y.) from Chhattisgarh Prakritik Chikitsa Parishad (2019).
- M.A. in Applied Philosophy and Yoga (2015-2017) from Pt. Ravi Shankar Shukla University, Raipur (C.G.)
 - In 1st Semester – 1st Division
 - In 2nd Semester – 1st Division
 - In 3rd Semester – 1st Division
 - In 4th Semester – 1st Division (74.69 %, **Gold Medalist in 2017**)
- B.com (53%) from Govt. Girls College, Durg (C.G.) affiliated from M.P. Board, Bhopal in 1997.
- 12th (66%) from B.S.P. Girls Higher Secondary School affiliated from M.P. Board, Bhopal in 1997.
- Got **Prime Minister's Trophy Scholarship** for **Merit cum Means** category on 4th July, 1998.

- 10th (60.80%) from B.S.P. Girls Higher Secondary School affiliated from M.P. Board, Bhopal in 1995.

AWARDS:-

- Honored by the Chhattisgarh Amateur Yogasan Sports Association for the Best Yoga Trainer Award 2022 on the occasion of International Woman's day 2022.
- Honored by the Akhil Bhartiya Yog Shikshak Mahasangh for the Best Yoga Teacher Award 2021 on 5th September, 2021.
- Honored by Chhattisgarh Yog Ayog in Rashtriya Yog Mahotsav (18th to 20th May 2018)
- Honored by FM Tadka (Sounds Good) in Woman's Recognition Awards (Season – 7).
- Honored by the Chhattisgarh Pradesh Congress Sports Cell for the Shaheed Vidaycharan Shukla Sports Award on 25th August, 2019.
- Honored by Chhattisgarh Yog Sports Association on 14th April, 2019.
- 1st Position in Mega Yog Championship in Chhattisgarh organized by Patanjali Yogpeeth Trust on 10th June, 2018.

INVITES:-

- **Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai (C.G.)** as a Resource person of Workshop at Health and Nutrition on 8th December, 2021.
- **Swami Shri Swaroopanand Saraswati College, Bhilai (C.G.)** invites me as a Guest Speaker during National Webinar on "**YOGIC PATH, UNIVERSE & COVID-19 PANDEMIC**" on 21st June, 2021.

- **Swami Shri Swaroopanand Saraswati College, Bhilai (C.G.)** invites as a **"Guest Speaker"** on the topic **ASTANG YOG** on 19th June, 2021.
- **Chhattisgarh Yog Prachar Society, Durg (C.G.)** invites me as a Judge for National Yogasana Sports Competition at Khalsa School, Durg (C.G.) on 23rd January, 2021.
- **Swami Shri Swaroopanand Saraswati College, Bhilai (C.G.)** invites me as a Judge at Online Surya Namaskar video in the auspices of International Yoga Day on 21st June 2020.
- **Shaildevi Mahavidyalaya Anda, Durg (C.G.)** invites as a **"Subject Expert"** at National Webinar on Role of Yoga With Specific Reference to Covid-19 on 21st June, 2020.
- **Swami Shri Swaroopanand Saraswati College, Bhilai (C.G.)** invites me as a Main Yoga Trainer for **One Day International Workshop "Yoga for All"** on 21st November, 2019.
- **Chhattisgarh Swami Vivekanand Technical University** Interzone Yoga Competition invited as a Judge.

APPRECIATION / PARTICIPATION:-

- **Govt. V.Y.T.P.G. Autonomous College, Durg, (C.G.)** provided certificate of Appreciation for **15 days Virtual Workshop** as a **Yoga Master Trainer** on 18th June, 2021 to 2nd July, 2021.
- Appreciation certificate has been awarded for conducting Online Yoga Classes to the participants on common yoga protocol on the occasion of 6th International Day of Yoga on 21st June, 2020 by **Yoga Certification Board Ministry of AYUSH, Govt. of India.**
- Participated in **Lockdown E-Yoga challenge – 3** as a Referee on 22nd May, 2020.

- Participated in **Lockdown E-Yoga challenge – 2** as a Referee on 11th May, 2020.
- Participated in **Lockdown E-Yoga challenge – 1** as a Referee on 4th May, 2020.
- Yoga Certification Board **Ministry of AYUSH, Govt. of India** provided certificate for a Yoga Volunteer (Yoga Professionals).
- **Vokal Application** provided Certificate of Appreciation.

REFERENCE:-

- **Dr. R.N. Singh**
Principle in Govt. V.Y.T.P.G. Autonomous College, Durg (C.G.)
Phone No:- 9300119083
- **Dr. Bhagwanta Singh**
H.O.D. in Philosophy and Yoga Department, Pandit Ravi Shankar Shukla University, Raipur (C.G.)
Phone No:- 9893410919
- **Dr. H.S. Alreja**
H.O.D. in Philosophy and Yoga Department, Govt. Digvijay College, Rajnandgaon (C.G.)
Phone No:- 9425245714
- **Dr. Deshmukh**
H.O.D. of Geology Department, Govt. V.Y.T.P.G. Autonomous College, Durg (C.G.)
Phone NO:- 9329112268

DECLARATION:-

I here declare that the above written particulars are true to the best of my knowledge and belief.

Date:- 23/03/2022

Place:- Bhilai

Neera Singh