

BIO-DATA

Name – Dr. Rekha Agrawal

W/o – Mr. Dinesh Agrawal

Date of Birth- 01/11/1963

Address – 43, Deepak Nagar, Hoshangabad road Bhopal

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Educational Qualifications- PhD in YOGA, M.A. in Yogic Sciences, M.A. in Sociology, P.G. Diploma in Yogic Science, B.Sc.(Bio)

Academic Details:-

- That I have been awarded the Doctor of Philosophy in Yoga (M.P. Bhoj Open University, Bhopal) in the year 2014.
- That I have been awarded the PhD course work exam Yoga (M.P. Bhoj Open University, Bhopal) in the year 2014.
- That I have pursued M.A. (Post Graduate degree) in Yoga Science as a regular candidate of B.U. Bhopal in 2004 and passed with 1st division.
- That I pursued P.G. Diploma in Yogic science in the year 2002 from B.U. Bhopal in first division.
- That I also pursued M.A. in Sociology in 1987.
- That I have also passed the B.Sc. in Bio-science in 1985.
- That I have passed the higher secondary examination from M.P. Board in the year 1981.

Teaching Experience:

- That I am currently working as a guest faculty in Yoga dept. B.U. since 2004 till present.
- Worked as yoga trainer in various Yoga camps organized by Yoga dept B.U. Bhopal.
- That I have worked as a yoga trainer in camp at Sarojini Naidu Girls College organized by Kaivalyadham.
- Worked with the program for ‘Weight Reduction and Promotion of Health Programme’ under Yoga Dept. B.U. Bhopal.

- Part of working committee as a yoga specialist in formulating the course material and syllabus of Yoga subject for class 1st to 5th organized by Rajya Shiksha Kendra (2011).
- Part of working committee in formulation of teaching module for teachers training under Rajya Shiksha Kendra (2011).

Research Papers:

1. On the topic “Yoga aur Rashtra Nirmaad”, in Gyanshauryam, International Scientific Refereed Research Journal. (Oct 2022) (ISSN : 2582-0095)
2. On the topic “Hathyoga me naadanusandhan : Ek Parichay”, in Shodhshauryam, International Scientific Refereed Research Journal. (May 2022) (ISSN : 2581-6306)
3. On the topic 'Motapa Nirakaran evam Yoga', in innovation the research concept journal. (November 2017) (ISSN : 2456:5474)
4. 'Mahilaon ke motapa niyantaran main yoga evam prakritik chikitsa', published in International journal of education and extension. (January 2014). (ISSN:2278537X)
5. 'Yoga evam prakritik chikitsa-motapa niyantran ke pariprekshya main' published in International Journal of research in science and technology (April 2013) ISSN:2395-6011, online ISSN 2395-602X)
6. "Swaasthya sunrakshan and yoga' published in International seminar in Abohar Punjab University, Punjab (February 2015) ISBN
7. 'Yoga and Naturopathy' presented in National conference on Yoga for wellness in life held in Dev Sanskrati University, Hardwar (March, 2015)
8. 'Yoga and holistic health' published National Seminar in Awadh University Faizabaad (March,2014)
9. 'Paryavaran vishv ki chunauti' presented in National Conference of Bhartiye Mahila Darshiniye Parishad, Yoga Dept, BU Bhopal (November, 2014)
10. 'Yoga as an effective way of inculcating values in Teenagers' presented in yoga dept BU Bhopal (March, 2013)
11. Paper presentation at National Seminar on Yoga as a Solution to Various Problems of Human Life organized by Yoga Dept. B.U. Bhopal. (2012)
12. 'Motapa Niyantran mein Yoga evam prakritik chikitsa ki bhoomika' presented in National seminar for Yoga and Naturopathy in Jaipur (April,2011)
13. Paper presentation in National Seminar on Yoga for fostering youth energy organized at B.U. Bhopal in 2008.

Other Activities

- Attended International Conference on Advancement in Yoga Education, Research & Health organized by Kaivalyadham.(2005)
- Attended the Post fest Yoga Workshop in Moraji Desai Institute of Yoga organized by Ministry of Ayush in March 2017
- Attended Various other Seminars organized by various organizations on Yoga and Health.

Declaration- I hereby declare that all the information given above are true according to my knowledge.

Dr. Rekha Agrawal

Date: 17/03/2026

Place: Bhopal