

# **DEPARTMENT OF HEALTH SCIENCES & YOGA**

## **FACULTY PROFILE**

**Dr. Manika Debnath, MPE, PhD, Diploma in rhythmic Gymnastics and Aerobic Dance Fitness, Diploma in Sports Coaching, Diploma in Naturopathy & Yoga, Primary Group Exercise Certification by AFAA, U.S**

HOD in Health Science and Yoga Department and she has vast experience of 35 years in different fields including Health Education, Gymnastics, Yoga, Health and Fitness.

- Published and Presented 23 research Papers/Articles
- Written and Edited 2 Books on different subjects
- Member of various bodies of the university
- Has been chairperson and co chairperson in various physical education session of conferences/ seminars
- Widely travel all over the world
- Fitness ambassador to India from IDEA (International Fitness Professional U.S.A).
- Worked as a DDG Sports, (Technical conduct) CWG OC Delhi 2010.

**Dr. V.D. Bindal, M.A., PhD, Diploma in Sports Physiotherapy, Diploma in Sports Medicine**

A know US returned Physiotherapist in Gwalior; In charge Physiotherapy Section of the University

- Reader in Department of Health Sciences & Yoga
- Holds expertise in Kinesiology and Postural Correctives.
- Had travelled widely all over the world
- Had presented umpteen number of papers and published many in scientific journals
- Had chaired and co chaired many sessions, National and International Conferences/ Seminar organized by the University and others

**Dr. (Mrs.) Ranjana Asthana, M.B.B.S., Diploma in Sports Medicine**

Medical Officer of the University Health Centre; Lecturer (Selection Grade)

- Possesses sumptuous experience and knowledge in Alternate Medicines
- Reiki Master, Spell Bound instructor of Dynamic Meditation: Relaxation Therapist and also a Yoga whiz
- Delivers Lectures on Stress and Time Management concepts
- Possesses Healer qualities with immense empathy and love
- Wrote a book called 'WHOLESOME HEALTH' recently

**Dr. Anindita Das, MPE, PhD**

Lecturer in University and Handles Theory and Practical classes of BPED/ MPed and PG Diploma in Yoga & Fitness.

- Presented Research Papers/Articles in National and International Seminars.
- Anchored in Common Wealth Games Delhi in Gymnastics Competition.

**Mrs. Meera Devi Shukla, (Master Degree in Science of Living, Preksha Meditation and Yoga, Diploma in Yoga)**

Yoga Instructor of the University, Handles practical & theory classes of BPED, MPed and PG Diploma students

- Presented papers in National and International Conferences
- A good practitioner of Yogasanas, Pranayama and Kriyas; A good teacher of practice, Delivers lectures on Yogic concepts

**Dr. Vishwakash Jain, BSc, BPT, CNCC, CMT, MPT (Sports Medicine)**

Physiotherapist of the University, Handles Theory and Practical Classes of PG Diploma in Yoga & Fitness.

- Organized Conference, CME, and Certificate Courses on Physiotherapy, Sports Nutrition, Injury Management, Rehabilitation Subject
- Had treated National/International Players and Ranji Trophy Player
- Presented Papers in National and International Conferences
- Had Co-Chaired Scientific Sessions in Conferences
- Contributor in Book: Weight Management

**Mr. Rakesh Bhandri, MPE, MPhil, Diploma in Yoga**

Yoga instructor of the University, Handles Theory and Practical classes of MPed and PG Diploma in Yoga & Fitness.

- Presented research Papers/Articles in National and International Seminars.
- Work experience in NCERT & K.V.S.
- Conducted Yoga Camps in SAI centers

**Ms. Kavita Pillay, MA in Geography, MA in Yoga, Diploma in Yoga, Diploma in Tribal Study, Diploma in Naturopathy & Yogic Science**

Yoga Instructor of the University, Handles Theory and Practical classes of PG Diploma in Yoga & Fitness

- Had organized workshop in R.D.V.V. Jabalpur (M.P.), Tribal Department in R.D.V.V
- Organized naturopathy and yoga work shop in Arogya Dham in Chitrkut.
- Organized Yoga camps in various schools in Jabalpur.

**Mr. Mukesh Narwariya, MPEd, MPhil, Diploma in Journalism.**

Fitness Instructor of the University,  
Handles Conditioning and Practical classes of PG Diploma in Yoga & Fitness Students.

**Mr. Harish Tiwari, MPEd, MPhil, Certificate Course in Yoga**

Fitness Instructor of the University

- Presented research Papers/Articles in National and International Seminars.
- Presented paper in Common Wealth Games Delhi.

**Miss. Vandana Yadav, MPEd**

Fitness Instructor of the University,  
Handles Conditioning and Practical classes of PG Diploma in Yoga & Fitness Students.

**Mrs. Rohinee Goswami, MA in Philosophy, Diploma in Yoga**

Yoga Research Lab Assistant of the University