

CURRICULUM VITAE



A	Name	Mrs Rashmi Parag Ranade
B	Designation:	Academic Coordinator
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E	Education:	Bachelor of Home Science Diploma Yoga Master of Yoga Ph.D (Yoga) Certificate IKS YCB III
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Work Experience:

Position held	Name of the Organization / Institution	Duration			Responsibilities Performed
		From	To	Years	
HR Executive,	Tulsi Eye Hospital	2008	2012	4	Reception,store, counselling,HR & Admin.
Field Auditor	Proactive Management Pvt Ltd	2014	2015	1	Worked as Internal and auditor of standards.
Professor	Adiyog Mahavidyalaya	2017	Till date	3	Visiting Yoga faculty
Academic Co - Ordinator	School Of Health Sciences,YCMOU	2018	2024	6	Program & Syllabus Designing, Making study material, Coordination with study centers regarding all processes run by University
Director (I/C)	School Of Health Sciences,YCMOU	2024	Till date		

Workshops/Seminar/Conference

Sr. No.	Title of Workshop/Seminar/Conference	Month & Year	Place
1	International Conference 'Yoga & Youth'	29- 30 April 2017	Kaivalyadham, Lonawala
2	State level conference "Healthy and Fit India Through Yogic Science"	23-24th Jan.2020.	KSKW college,Nashik
3	"International Sun Salutation Day"	18th Feb 2021	YCMOU, Nashik
4	International Yoga Webinar "Atha Yoganushasanam"	16-17 June 2021	YCMOU, Nashik
5	Workshop "Improve Your Quality Life"	6 March 2020	YCMOU, Nashik
6	"State level Orientation Program integral	27 Nov 21	YCMOU,

	Education”		Nashik
7	International Conference ‘Yoga & Mental Health’	28- 30 Dec.21	Kaivalyadham, Lonawala
8	“Mahayogotsav”	10-11 Dec 22	Nashik
9	International Seminar on ‘Integrative Approach to health & Wellbeing’	16-18Dec 22	Heartfullnes, Hyderabad
10	“National Seminar on Indian Knowledge System”	19-21 Dec 22	SAM Global University, Bhopal
11	International conference ‘Yog sastra Sangamam’	24-26 Feb 23	Vivekanand Kendra, Kanyakumari
12	National Yoga Conference ‘Yog Darshan 2023’	23-24 March 23	YCMOU, Nashik
13	Workshop “NEP 2020”	12 Sept 23	YCMOU, Nashik
14	National Webinar on “ FDP on Educational Research”	21-28 Oct 2023	YCMOU, Nashik
15	Attended and presented YCMOU programs presentation in the workshop	12/04/2023	SCERT,Pune
16	National Yoga Conference ‘Yog Darshan 2024’	23-24 Aug 24	YCMOU, Nashik

Research Publications:

Sr. No.	Title of the Research Paper	Name of the Journal / Publisher	Year of Publication
1	A STUDY OF AN EFFECTIVENESS OF CHAIR YOGA FOR THE WHITE COLLAR EMPLOYEES OF EDUCATION SECTOR	Ilkogretim Online - Elementary Education Online	2021
2	DIFFERENT APPROACHES ON KARMAJ VYADHI: A CRITICAL REVIEW FROM VARIOUS TEXTS	Ilkogretim Online - Elementary Education Online,	2021
3	PLACE OF YOGA IN NEW EDUCATION POLICY 2020	EPRA International Journal of Research and Development (IJRD)	2023

4	A STUDY OF THE EFFECTS OF YOGIC DIET	International Journal of Yoga, Philosophy and Physical Education	2023
5	MEDITATION: A CURATIVE & CLEANSING METHOD OF ASHTANG YOGA	International Journal of Multidisciplinary research & Development	2023
6	THE IMPACT OF YOGA ON SPECIFIC DISORDERS CAUSED BY KARMA	International Journal of All Research Education & Scientific Methods	2023
7	GURUKUL: A PRISTINE FRAMEWORK FOR AN IDEAL WAY OF LIFE	Journal of Interdisciplinary and Multidisciplinary Research	2024
8	WATER MANAGEMENT PRACTICES IN ANCIENT INDIA	EPRA International Journal of Socio-Economic and Environmental Outlook (SEEO)	2024
9	AN EXAMINATION OF THE EFFORTS OF 'SNF' IN SELECTED DROUGHT-PRONE VILLAGES OF NASHIK DISTRICT	Leadership, Education, Personality: An Interdisciplinary Journal	2024
10	THE IMPACT OF INTERNATIONAL YOGA DAY WORLDWIDE	Sampreshan	2024
11	प्राचीन काळातील भूजल संशोधनाचा आढावा	International Research Journal of Human Resource and Social Sciences	2024

Awards:

Sr. No.	Title of the Award	Awarded by	Year
1	Maharshi Patanjali Yogratna Award	Akhhil Bharatiy Yog Shikshak Mahasangh	2024

List of Research Papers

Sr. No.	Title of the Research Paper	Name of the Journal / Publisher	Year of Publication
1	A Study Of An Effectiveness of Chair Yoga For The White Collar employees of education Sector	Ilkogretim Online - Elementary Education Online	2021
2	Different Approaches On Karmaj Vyadhi: A Critical Review From Various Texts	Ilkogretim Online - Elementary Education Online,	2021
3	Place of Yoga in New education Policy 2020	EPRA International Journal of Research and Development (IJRD)	2023
4	A Study of the Effects of Yogic Diet	International Journal of Yoga, Philosophy and Physical Education	2023

5	Meditation: A Curative & Cleansing Method of Ashtang Yoga	International Journal of Multidisciplinary research & Development	2023
6	The Impact of Yoga on Specific Disorders Caused by karma	International Journal of All Research Education & Scientific Methods	2023