

## Resume



Name **Dr. Pradyumna Singh Shekhawat**  
Fathers Name Sahadev Singh Shekhawat  
Mothers Name Kiran Kanwar  
Postal Address Department of Yoga, Jain Vishva Bharati Institute,  
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Date of Birth: 18<sup>th</sup> October 1981  
**10<sup>th</sup>** Board of secondary education Rajasthan  
**12<sup>th</sup> (Biology)** CBSE, New Delhi  
**B.Sc.** University of Rajasthan, Jaipur  
**M.Sc. (Yoga & Sol)** Jain Vishva Bharati Institute, Ladnun  
**NDDY** Gandhi National Acadmy of Naturopathy  
**M. A (Jainology)** Jain Vishva Bharati Institute, Ladnun  
**Ph.D** Jain Vishva Bharati Institute, Ladnun  
Title of Ph.D - ***“Efficacy of Preksha Meditation on cardiovascular functions and blood Profile of healthy adults”***

### Experience

#### Academic and Administrative

May, 2009 to October 2020 Assistant Professor, JVBI Ladnun

October, 2020 to till date **Associate Professor**  
June 2015 to till date **Head**, Department of Yoga and Science of Living, JVBI, Ladnun

#### Additional Charges

January 2017 to February, 2019 **Deputy Registrar**, JVBI, Ladnun

2020 to till date **Director, IQAC**, JVBI, Ladnun  
2021 to 2024 **Director, Research** JVBI, Ladnun

#### Research

PhD awarded 10 (Under Supervision)  
PG Dissertation 21  
Research Projects 02

#### Memberships and position hold

- Vice President - CHEERS Society, Jaipur
- Vice President, Rajasthan Yoga Sports Association.
- Rajasthan State Secretary – Indian Young Olympian Federation.
- Life member, Indian association of Physiologists and Pharmacologists, New Delhi
- Member, Indian association of Yoga, New Del

## **Publications/Articles/Patents**

|                 |           |
|-----------------|-----------|
| Books/ Chapters | <b>05</b> |
| Articles        | <b>25</b> |
| Patents         | <b>05</b> |

## **Other Achievements (as resource person)**

- International Conferences – 06
- International Seminars – 03
- National Seminars – 32
- National Conferences – 21
- Workshop – 05
- Webinar – 09

(Dr Pradyumna Singh Shekhawat)