

Name:-	Dr. Lara Sharma
Designation:-	Asst. Prof . Yoga (Parental university SVYASA Bangalore)
Department:-	Dept. of Yogic Science & Human Consciousness
Academic Qualification:-	Ph.D. M.Sc. (Yoga & Meditation) M.A. (Philosophy) DYEHS C.Y. Sc. YICC
Work Experience:-	15 year in field of Yoga.
Teaching Experience:-	20 years
Administration:-	Assistant Center Superintendent, Assistant Warden, Inspection Committee, Placement Committee etc.

<p>Publication & Communicated in paper in Journal:-</p>	<p>1. Published A Research Paper on "Effect of Yoga practice on spatial and Virbal Memory Score in Yoga Mimamas", Vol. XLIV No. 4:265-271 Jan 2013</p> <p>2. Published A Research Paper on "Impact of Yogic Practices on Occupational Stress among male employee in IJLTEMAS", Issue VII, Page no. 151-152, July 2014 ISSN: 2278-2540</p> <p>3. Published a Research Paper on" Effect of Selected Balancing Asana on Attention and Concentration "In IJAPEY,2018 ISSN:24558958, Vol.3 No 7,PP 22 to 26,24 July 2018.</p> <p>4. Published a Research Paper On" Importance of Yoga Philosophy in Relevance to today's Era in IJAPEY,PUNE,ISSN 2454-2415 Vol. 6 Issue 7 July 2018.</p>
<p>Paper Presented /Communicated in Conference /Seminar/Workshop:-</p>	<ul style="list-style-type: none"> • Presented a poster presentation on "Nutrition ,Physical Activity and Yoga During and After Cancer Treatment "22nd International Conference on frontiers in yoga research and its application Jan.5-8, 2018 , Svyasa Bengaluru . • Delivered a Leacture in National Conference 1 Sept. 2018 as Key Note speaker on cultural and spiritual Inheritance of india in reference of swami vivakanand's Chicago lecture at JJT University , jhunjhunu ,Raj • Presented a research paper on "Yoga –Ek Navin Dristhi "– in National Conference (UGC funded). 12th-13th Jan. 2018 held at Govt Maharaja Acharaya Sanskrit College, Jaipur • Attended Workshop on Research on Yoga Method and Measurements Sept. 2-3 ,2017 organized by Patanjali Research Foundation and University of Patanjali, Haridwar.

- Attended 8th International conference on” **Human Values and Culture in literature** “June 20-21, 2017 at MDS University Ajmer
- Attended UGC Sponsored short term course on **Assessment of Nutritional status** From Feb.6-11,2017 at MDS University Ajmer .
- Attended 7 days National workshop on **An Analytical Study of Aphorisms** of Nardha and Shandilya From Dec.23-29, 2017 by **ICPR** at MDS University ,Ajmer
- Attended UGC Sponsored workshop on **Research Methodology** from 3-8 Oct. 2016 at MDS University, Ajmer
- Presented a research paper on “**Mulyon ke Nirvahan ke Samvardhan ka Sadhan Yoga** – in National Seminar (UGC funded). 27th-28th Feb. 2012 held at DAV. College, Ajmer.
- Presented a research paper on “**Health Consciousness through yoga education** - in National Conference (UGC funded). 8th-9th Jan. 2011 held at Govt. College Ajmer.
- Presented a research paper on “**Health Awareness – Is Culture By Yoga Consciousness**” in International Sanskrit Conference. 16th-20th July, 2009 held at Department of Sanskrit, University of Rajasthan, Jaipur.
- Attended 19st International Conference on “**Yoga for Global Health Education & Peace**” December 20-23, 2011 SVYASA Bangalore.
- Working as **Ph.D. Guide / Supervisor** JJT University, Jhunjhunu, Raj. From 11 Dec. 2012.
- Attended 20th International Conference on “ **Yoga – A Public Health Strategy for Diabetes Prevention & education**”. VYASA Bangalore from 2-5 Jan.

2014.

- Attended 1st International Conference on “**Yoga, Cow & Rural Re Construction**” December 28-30, 2008 VYASA Bangalore.
- Attended 1st National Workshop on “**Promoting Excellence In Research**” 5th-7th November 2008, M.D.S. University, Ajmer.
- Attended National Seminar on “**Panchayati Raj & National Rural Employment Guarantee Scheme**” 7th-8th March, 2008, M.D.S. University, Ajmer.
- Attended 17th International Conference on “**Yoga Its Underlying Mechanisms**” VYASA Bangalore from 20th-23rd December 2007.
- Presented a research paper on “**Yoga & Mental Health**” in National Yoga Week Program 2007, held at Morarji Desai National Institute of Yoga, Delhi March 12th-18th 2007.
- Presented a research paper on “**Role of Yoga in Life Values**” in U.G.C. National Seminar On Life Value in Sanskrit held at Department of Sanskrit Government Girls College, Bhilwara February, 14th-15th 2007.
- Attended 16th International Conference on “**Frontiers in Yoga Research and its Application**” December 25th-27th 2006, VYASA, Kolkata.
- Attended the 1st State Conference on “**Naturopathy & Yoga**” from 9th-10th September 2006, Jaipur (Raj.)
- Presented a research paper on “**Yoga & Stress Management**” in U.G.C. National Conference on Contemporary Issues in Management held at Department of Management Studies, M.D.S. University, Ajmer March 28th 2008.
- Attended 15th International Conference on “**Make**

	<p>Every Mother and Child Count” December 16th-19th, 2005, VYASA, Bangalore.</p> <ul style="list-style-type: none"> • Attended 14th International Conference on “Pranavesana” December 18th-21th 2003, SVYASIA, Bangalore.
Technical Training:-	Every Alternative Year 2004 to Continues taken from VYASA, Bangalore in Field of Yoga.
Books:-	Published a book " Sanskrit Sahitaya mai Yogatattv " ISBN : 978-93-81952-71-9