



**Dr. Pooja Arya**

📍 Haridwar | ✉️ poojaaryanature@gmail.com | ☎️ 8295730378

## **Applying for the post of: Assistant Professor Psychology**

### **Objective:**

गुरु निष्ठा और पूर्ण पुरुषार्थ के साथ मनोविज्ञान और योग के ज्ञान द्वारा विद्यार्थियों में सुसंस्कार, गुणवत्तापरक शिक्षा और सकारात्मक दृष्टिकोण विकसित करना, उन्हें व्यावसायिक रूप से आत्मनिर्भर बनाना और पतंजलि के आदर्शों के माध्यम से मनोविज्ञान को वैश्विक स्तर पर नई ऊंचाई पर ले जाना |

## **Professional Experience and Expertise**

### ***1. Teaching and Research Experience***

#### **University of Patanjali, Haridwar**

**Duration:** August 2020 – May 2021

- ❖ Delivered lectures on Cognitive Psychology, Biopsychology, Psychopathology, and Positive Psychology.
- ❖ Designed interactive teaching methods to enhance student engagement.
- ❖ Mentored students in academic research and practical applications of psychological theories.

#### **University of Patanjali, Haridwar**

**Duration:** July 2019 – Present

**Research Topic:** Effect of Specialized Yoga on the Mental Health of Spinal Cord Injury Patients

- ❖ Conducted research on yoga's impact on psychological resilience and quality of life.
- ❖ Published findings in peer-reviewed journals and presented at national and international conferences.
- ❖ Collaborated with interdisciplinary teams to develop innovative intervention programs.

### ***2. Experience in Event Management***

#### **Hospitality Industry**

**Duration:** 2008 – 2014

- ❖ Managed and coordinated hospitality services, gaining organizational and leadership expertise.
- ❖ Represented prestigious brands at corporate launches, including Tata Motors and Apple iPhone.
- ❖ Organized high-profile events such as Times of India Business Awards and Wills Fashion Week.

### ***3. Expertise in Counseling***

#### **Indian Spinal Injuries Centre (ISIC) and Other Institutions**

**Duration:** 2019 – Present

- ❖ Provided counseling support to individuals with physical disabilities and mental health challenges.
- ❖ Designed effective, tailored counseling sessions to address complex psychological needs.
- ❖ Collaborated with teams to promote resilience and improve mental health outcomes.

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### **Academic Qualifications**

Degree	Institution	Year	Achievements
<b>Ph.D. in Psychology</b>	University of Patanjali, Haridwar	2025	Specialized Yoga, Mental Health and SCI rehabilitation.
<b>Master of Arts in Psychology</b>	University of Patanjali, Haridwar	2019	First Division
<b>Master of Arts in Yoga</b>	Uttarakhand Open University	Ongoing	
<b>Postgraduate Diploma in Mental Health</b>	IGNOU	2020	First Division
<b>Postgraduate Diploma in Higher Education</b>	IGNOU	2021	First Division
<b>Bachelor of Science (Botany Honours)</b>	EIILM Sikkim University	2011	First Division
<b>Diploma in Aviation and Hospitality</b>	Air Hostess Academy, New Delhi	2008	A Grade

### **Certifications**

#### ***Internships***

##### **1. IGNOU Certificate**

- ❖ **Program:** Extended Contact Program of Postgraduate Diploma in Higher Education (PGDHE)
- ❖ **Duration:** 13th-22nd January 2022
- ❖ **Institution:** Indira Gandhi National Open University

##### **2. Certificate of Internship**

- ❖ **Title:** Clinical & Counselling Psychology
- ❖ **Duration:** 18th March 2021 to 30th May 2021 (240 Hours)

- ❖ **Organizer:** PsychoWaves E-Academy

### **3. Certificate of Internship**

- ❖ **Title:** Clinical & Counseling Psychology
- ❖ **Duration:** 1st May 2022 to 30th May 2022 (60 Hours)
- ❖ **Organizer:** PsychoWaves E-Academy

### ***Workshops and Participation***

#### **1. Two-Day Workshop on Cognitive Drill Therapy**

- ❖ **Date:** 28th-29th April 2018
- ❖ **Organizer:** Department of Psychology, University of Patanjali

#### **2. International Workshop on Research Article Writing and Publications in High-Impact Journals**

- ❖ **Date:** 7th-10th October 2021
- ❖ **Organizer:** Lavender Literary Club, Cape Comorin Trust, and MIRHA (Malaysia)

#### **3. Three-Day International Virtual Workshop on Writing Research Proposal, Grant Proposal & Funding Agencies**

- ❖ **Date:** 10th-12th April 2022
- ❖ **Organizer:** Lavender Literary Club, Cape Comorin Trust, and MIRHA (Malaysia)

#### **4. Stress Management with Relaxation Techniques Workshop**

- ❖ **Date:** 18th April 2023
- ❖ **Organizer:** The Prabal Foundation

#### **5. 4th Annual Summit of Spine20**

- ❖ **Event:** Demonstrated Wheelchair Yoga
- ❖ **Date:** 10th-11th August 2023
- ❖ **Venue:** India Habitat Centre, New Delhi

#### **6. Three-Day National Workshop on Recent Trends & Techniques of Research Methodology in Social Sciences**

- ❖ **Date:** 7th-9th December 2023
- ❖ **Organizer:** Govt. Kamla Devi Rathi Girls P.G. College, Chhattisgarh

#### **7. International Conference on Naturopathy for Holistic Health**

- ❖ **Date:** 18th-19th November 2023
- ❖ **Organizer:** Ministry of AYUSH, University of Patanjali

#### **8. Certificate of Appreciation**

- ❖ **Topic:** Handling Monetary Emotions During Festive Season
- ❖ **Date:** 19th October 2024
- ❖ **Organizer:** Lakshya Sarthi

## 9. Certificate of Participation

- ❖ **Topic:** Importance of Resilience
- ❖ **Date:** 20th July 2024
- ❖ **Organizer:** Lakshya Sarthi

## 10. E-Certificate of Appreciation

- ❖ **Topic:** Motivational Session for NET-JRF Aspirants
- ❖ **Date:** 5th December 2022
- ❖ **Organizer:** Sarala Birla University

## *Training and Certifications*

### 1. Certificate of Completion

- ❖ **Title:** Mindfulness-Based Cognitive Behaviour Therapy
- ❖ **Date:** 16th January 2022
- ❖ **Organizer:** PsychoWaves E-Academy

### 2. Certificate of Completion

- ❖ **Title:** Counseling Psychology
- ❖ **Conducted by:** Ms. Tanya Chadha
- ❖ **Date:** 4th November 2024
- ❖ **Organizer:** HealTalks.in (Ministry of MSME, Govt. of India)

### 3. Certificate of Completion

- ❖ **Title:** Rational Emotive Behavior Therapy (REBT) Workshop
- ❖ **Date:** 8th November 2024
- ❖ **Organizer:** Therapy By Saachi, conducted by Saachi Arora, RCI Registered Clinical Psychologist

### 4. Certificate of Participation

- ❖ **Title:** Trauma-Focused Care Package Workshop
- ❖ **Date:** 5th December 2024
- ❖ **Organizer:** Therapy By Saachi, conducted by Saachi Arora, RCI Registered Clinical Psychologist

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## Affiliation and Dedication to Patanjali

- ❖ **A Transformative Journey:** With the blessings of **Param Pujya Swami Ramdev Ji Maharaj** and **Param Shradhey Acharya Balakrishna Ji Maharaj** a new chapter of my life started with Patanjali .Since 2017, marking the start of a spiritual and professional transformation. The institution has instilled in me the values of discipline, spirituality, and holistic living, which resonate deeply with my personal and professional aspirations.
- ❖ **Deeply Rooted Vedic Values:** Coming from an Arya Samaj family, with my father's Gurukul education and background as a Sanskrit teacher, I have been deeply influenced by Vedic traditions.
- ❖ **Affiliation with Bharat Swabhimani:** Since 2009, my family and I have actively participated in Bharat Swabhimani initiatives. Inspired by my mother's role as Mahila Prabhari, we have been

participating in all the national movements lead by H.H. Swami ji at various times including the black night of 4th June (Ramlila Maidan) and 13th August 2011 (Ambedkar Stadium).

- ❖ **Peaceful Environment for Growth:** Patanjali provides a serene and secure environment, ideal for fostering academic and personal growth. It offers the perfect setting for aligning my teaching career with my values.
- ❖ **Serving The Nation through Patanjali:** Serving Patanjali is synonymous with serving the nation. The organization's mission to uplift society through education, health, and spiritual growth perfectly aligns with my goals of contributing to a better world.

## Key Research Publications

### *Published Papers*

	Title	Journal	Indexing	Active Link
1.	Transforming Self-Perception: The Long-Term Effects of Specialized Yoga on Body Image and Self-Esteem in Spinal Cord Injury Patients	<i>Journal for ReAttach Therapy and Developmental Diversities</i>	Scopus	<a href="#">Link</a>
2.	Assessing the Efficacy of Specialized Yoga as a Cost-Effective Intervention for Enhancing Quality of Life in Spinal Cord Injury Patients: A Randomized Controlled Trial	<i>Journal for ReAttach Therapy and Developmental Diversities</i>	Scopus	<a href="#">Link</a>
3.	The Therapeutic Potential of Yoga in Alleviating Post-Traumatic Stress Disorder Symptoms in Spinal Cord Injury Patients	<i>Journal of Indian School of Political Economy</i>	UGC Care List	N/A
4.	Integrating Mindfulness-Based Yoga Practices in the Psychological Rehabilitation of Spinal Cord Injury Patients: A Longitudinal Study	<i>Educational Administration: Theory and Practice</i>	Scopus	<a href="#">Link</a>
5.	Mind, Body, and Soul Awareness Through Pranayama and Meditation	<i>Vidyawarta Peer-Reviewed International Journal</i>	Peer-Reviewed	N/A

### *Papers Under Review*

	Title	Indexing	Status
1	Revolutionizing Spinal Cord Injury Rehabilitation: A Holistic Yoga Protocol for Enhancing Psychological Resilience and Quality of Life	N/A	Under Review
2	Resilience Through Yoga: Overcoming Trauma and Social Stigmas in Women with Spinal Cord Injury	N/A	Under Review
3	Beyond Recovery: Yoga as a Tool for Enhancing Reliability, Emotional Resilience, and Combating Social Stigmas in Spinal Cord Injury Patients	N/A	Under Review

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## Awards and Recognitions

### 1. *Keynote Speaker and Distinguished Guest*

- ❖ Delivered a keynote address at workshops on *Empowering Women Through Yoga* in 2023, organized in collaboration with the Indian Yoga Association and Ramakrishna Mission. These workshops highlighted the transformative role of yoga in fostering resilience, self-worth, and empowerment among women.
- ❖ Invited as a prominent guest and presenter at **ISSICON 2024**, where you delivered a lecture titled *Yoga on Wheelchair: A Novel Approach for Mental Resilience in SCI Patients*. This innovative session emphasized the role of yoga in mental health rehabilitation for individuals with spinal cord injuries.

### 2. *Training Programs for Mental Health and Well-being*

- ❖ Conducted **Mindfulness Practices for Mental Health Training Sessions** for university students, empowering them with practical tools to enhance emotional resilience, self-awareness, and well-being.
- ❖ Organized and facilitated **Happiness Programs and Meditation Events** online for the Ramakrishna Mission in 2022, focusing on promoting mental clarity, emotional stability, and holistic well-being.

### 3. *Recognition at Academic and Professional Forums*

- ❖ Demonstrated your commitment to innovation in rehabilitation by presenting your work at the **4th Annual Spine20 Summit (2023)**, where you showcased *Wheelchair Yoga* as an accessible and effective approach for SCI patient care.
- ❖ Participated as a panelist in the discussion *Breaking the Bad News: Perspective of Psychologists* at **ISSICON 2024**, offering psychological insights into effective communication strategies in healthcare.

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## Specialisation

### Technological Expertise and Modern Pedagogical Tools

#### *Digital Content Development*

- ❖ Proficient in using the **SWAYAM Portal** and **National Digital Library of India (NDLI)** to create and manage online course content effectively.
- ❖ Skilled in developing multimedia-rich e-learning materials using tools like **Canva** and **H5P** to enhance student engagement and learning outcomes.
- ❖ Capable of aligning content with contemporary educational standards to ensure accessibility and relevance, utilizing platforms like **Open Educational Resources (OER Commons)**.

### *Advanced Presentation and Research Tools*

- ❖ Expert in leveraging AI-driven tools such as **Beautiful.ai** and **Prezi** to create visually impactful and informative PowerPoint presentations.
- ❖ Adept at guiding students in dissertation and research projects using platforms like **Mendeley** for reference management and **SPSS** for data analysis.
- ❖ Experienced in organizing online academic activities, including quizzes and mock tests, through **Kahoot** and **Quizizz**, for dynamic and interactive learning experiences.

### *Promoting Professional Development*

- ❖ Advocate for affordable online courses available on platforms like **SWAYAM**, **NPTEL**, and **Coursera**, which provide certifications in psychometrics, data analysis, and advanced psychological therapies.
- ❖ Encourage students to explore low-cost professional development resources like **Udemy** and **EdX**, enabling skill enhancement in key areas of psychology and pedagogy.
- ❖ Guide learners in identifying online learning paths through free resources like **FutureLearn** and government-backed initiatives such as **e-PG Pathshala**.

### *Future-Ready Skills Guidance*

- ❖ Facilitate exploration of research analytics tools such as **Google Scholar**, **Zotero**, and virtual lab platforms like **Amrita Virtual Lab**, ensuring practical exposure to modern research methodologies.
- ❖ Provide mentorship on integrating open-access repositories like **PubMed** and **DOAJ** to enhance academic research.
- ❖ Encourage innovative approaches to problem-solving and knowledge acquisition using technology-driven learning solutions like **MindMeister** for mind mapping and **Trello** for project management.

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### **.COMPUTER FORTE'**

- ❖ **Software** : Microsoft Excel, Microsoft PowerPoint, MS Word
- ❖ **Hardware** : Fair knowledge of basic computer hardware including CPU, RAM, Hard drive, Optical drive, Projector etc.

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### **REFERENCES**

- ❖ **Dr. Abhishek Kumar Bhardwaj** (Associate Professor, DIT University Dehradun)
  - ❖ **Swami ParmarthDev Ji** (Assistant Professor ,university of Patanjali)
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**Pledge**

I pledge to dedicate my knowledge, skills, and efforts to advance the fields of psychology and yoga at the University of Patanjali, empowering individuals, fostering resilience, and contributing to the holistic well-being of society. Through my work, I aim to uphold the principles of inclusion, innovation, and excellence, striving to take our nation forward in mental health and wellness.

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**Date:** 30/12/2024

**Place:** Patanjali Yogpeeth Phase-2

**Pooja Arya**