

# Curriculum Vitae

Name: Dr. Manikant Tiwari

Date of Birth: 12.03.1993

Father's Name: Shri Brajeshnath Tiwari

Designation: Guest faculty- Assistant Professor Grade (Yoga)

University: Central Sanskrit University  
Lucknow Campus, Lucknow , UP

Educational Qualifications: Shastri in Vyakarana, M.A. (Sanskrit), Ph.D.  
UGC NET JRF (Sanskrit 25 Code & Yoga 100 Code)

Address for Correspondence: # 3/515 Vishal khand, Gomati Nagar, Lucknow, UP  
Pin Code- 226010

E-mail Address: manikanttiwari12@gmail.com

Permanent Address: # 574, vishtanti City, Gazipur Road  
Zirakpur, SAS Nagar, Mohali 140603

Phone No. - +91-8360396735

Languages - Sanskrit, Hindi, English,  
Punjabi

Scripts - Devanagari, Roman, Gurmukhi,  
Brahmi, Granth, Sharada

**Academic Qualifications:**

Examination/ Degree	Subject/ Specialization	Year	Division	% of Marks	Board/ University
10 <sup>th</sup>	Sanskrit Hindi, English	2008	1 <sup>st</sup>	66%	Sampurananda Sanskrit University
12 <sup>th</sup>	Sanskrit Hindi, English,	2010	1 <sup>st</sup>	67.67%	Sampurananda Sanskrit University
Shastri (Hons.)	Sanskrit Grammar, Yoga, Buddhist Philosophy, English, Hindi,	2014	1 <sup>st</sup>	85.04%	Banaras Hindu University
M.A. (Sanskrit)	Yoga, Mimansa, Vedanta, Navya- Nyaya, Western and Modern Indian Philosophy	2016	1 <sup>st</sup>	88.06%	Banaras Hindu University
NET/JRF	Sanskrit 25 Code	2016 June	1 <sup>st</sup>	70.29	University Grants Commission
NET	Yoga 100 Code	2019 June	1 <sup>st</sup>	65.33	University Grants Commission

**Research Degrees:**

Degree	University	Specific Date Of Awarded of the thesis	Title of the thesis
Ph.D.	Central Sanskrit University New Delhi	11/01/2022	प्रमुखयौगिकदशमुद्राणां प्रयोगात्मकमध्ययनम् <b>A Practical Study on Primary Yogic Ten Mudras</b>

## Teaching Experience

SL. NO.	Academic Session	Position	Organization/ University	Class	Duration
1.	2011-2016	Yoga Instructor	Yoga Training Centre, Varanasi, UP	–	5 Years Part Time (20 Hours/ Per Week)
2.	2022-23	Assistant Professor (Yoga)	Central Sanskrit University, SHRI SADASHIVA Campus, PURI	Prak-Shastri UG, PG PhD	1 Year
3.	2023-24	Assistant Professor (Yoga)	Central Sanskrit University, SHRI SADASHIVA Campus, PURI	Prak-Shastri UG, PG PhD	29-02-2024
4.	2023-24	Assistant Professor (Yoga)	Central Sanskrit University, Lucknow Campus, Lucknow, UP	Prak-Shastri UG, PG	From 04-03-2024- -Till Now

## Academic & Administrative Responsibilities

SL. NO.	Name of the Activity	Position	Academic Session
1.	Board of Studies (M.sc in Yogic Science)	Course Maker Committee Member	2022-23
2.	Yoga Certification Board	Co-ordinator	2022-23
3.	G-20 Promotion Activities (Yoga Competition)	Judge	2022-23
4.	12 <sup>th</sup> Youth Festival -2023 (Yoga Competition)	Team Manager	2022-23
5.	Internal Evaluation Work	Co-ordinator	2022-23
6.	Publication Work	Co-operator	2022-23
7.	Public Relation Officer (PRO) CSU, SHRI SADASHIVA Campus, PURI	Public Relation Officer	2023-24

## OTHER ACTIVITIES

Yoga Certificate Course	Banaras Hindu University	2011
Poetry Recitation (Hindi)	Inter faculty youth festival, Banaras Hindu University	2012
National Service Scheme	Banaras Hindu University	2013
Earn While Learn Scheme	Banaras Hindu University	2013
Middle School TET	Professional Examination Board, Bhopal, MP	2018
Yoga Teacher Training Course (200 hours)	Sri Krishna Yoga Foundation, Rishikesh	2020

**RESEARCH ARTICLES (UGC Listed)**

Sl. No.	Title of Research Paper/ Article	Name of Journal / Magazine	International/ National	ISSN No.	Year
1.	योगशास्त्रे अधिकारिस्वरूपम्	शोधप्रवाह	National	2231-4113 Impact No.- 3.262	2018
2.	यौगिकमुद्राणां सङ्ख्याविषयकसामान्यनिदर्शनम्	शोधप्रेरक	International	2231-413X Impact No.- 3.234	2018
3.	प्राणायाम- एक प्रयोगात्मक विमर्श	Varanasi management Review	National	2395-0390 Impact No.- 3.215	2018
4.	वज्रोलिमुद्रा- एक भ्रमनाशक अध्ययन	Research Highlights	National	2350-0611 Impact No.- 3.235	2018
5.	अष्टाङ्गयोगे मुद्राणां समावेशनम्	शोधनवनीत	International	2321-6581 Impact No.- 3.082	2019
6.	योगस्येतिहासः तत्सामान्यनिदर्शनञ्च	प्रज्ञा	National	0554-9884	2019
7.	योगासनानां सामान्यनिदर्शनपूर्वकं दिव्यदेहात्मकमहल्लक्ष्यनिरूपणम्	ज्ञानशौर्यम्	International	2582-0095 Impact No.- 5.016	2020
8.	योगसाधनायां गुरुवैशिष्ट्यमधिकारिस्वरूपञ्च	संस्कृत-विमर्शः	International	0975-1769	2020
9.	विभिन्नोपनिषत्सु प्राप्तयौगिकमुद्राणां पर्यालोचनम्	शोधशौर्यम्	International	2581-6306 Impact No.- 5.239	2022

**SEMINARS / CONFERENCES / WORKSHOP**

Sl. No.	Name of Seminar / Conference/ Title of Research Paper	Organizer	Capacity in which attended	Date
1.	प्रायोगिकदृष्ट्या योगसूत्राणां पारिभाषिकविवेचनम्	Rashtriya Sanskrit Sansthan, Bhopal Campus Vyakarana Department	Paper Presentation	10/11/2017 – 11/11/2017
2.	A curriculum of Shasri Hons. Sankhya Yoga Department : Suggestions related to Upgrade the Practical Study	Rashtriya Sanskrit Sansthan, Bhopal Campus Education Department	Paper Presentation	10/11/2017 – 11/11/2017
3.	योगदर्शने वैयाकरणदृष्ट्या वाग्भेदविमर्शः	Faculty Of SVDV, department of Vyakarana, BHU	Paper Presentation	09/01/2018
4.	धर्मशास्त्रम् – राष्ट्रिया कार्यशाला	धर्मशास्त्र एवं मीमांसा विभाग, काशी हिन्दू विश्वविद्यालय	Work-Shop	20/01/2018 - 05/02/2018
5.	सर्वधर्मसमभाव में योग का योगदान	धर्मशास्त्र एवं मीमांसा विभाग, काशी हिन्दू विश्वविद्यालय	Paper Presentation	16/03/2018
6.	भाषा की संरचना तथा अन्य भाषाओं पर उसका प्रभाव	आयुर्वेद तथा संगीत एवं मञ्चकला संयुक्त तत्वाधान द्वारा काशी हिन्दू विश्वविद्यालय	Paper Presentation	18/09/2018
7.	योगशास्त्रे आलङ्कारिकतत्त्वानां विवेचनम्	Rashtriya Sanskrit Sansthan, Bhopal Campus Sahitya Department	Paper Presentation	05/10/2018 – 06/10/2018
8.	विविधशास्त्रदृष्ट्या शाब्दबोधविमर्शः	Faculty Of SVDV, Department of Vyakarana, BHU	Paper Presentation	03/03/23 04/03/23
9.	आधुनिकसंस्कृतसाहित्यस्य सम्भावनाः	CSU, SHREE SADA SHIVA CAMPUS, PURI	Paper Presentation	12/03/2023 13/03/2023

10.	ग्रहवेधयन्त्र निर्माण कौशल संवर्धन कार्यशाला	CSU, SHREE SADA SHIVA CAMPUS, PURI	Work-Shop	20/03/2023- 24/03/2023
11.	साम्प्रतिकसमाजे सनातनधर्मस्य प्रासङ्गिकता	CSU, SHREE SADA SHIVA CAMPUS, PURI	Paper Presentation	25/03/2023
12.	Practical Aspects of Meditation in Yogic Texts	SHRI LALBAHADUR SHASTRI NATIONAL SANSKRIT UNIVERSITY, NEW DELHI	Paper Presentation	28/03/2023 29/03/2023

PLACE: Lucknow , UP

DATE: 25-04-2024

(Dr.MANIKANT TIWARI)