

CURRICULAR VITAE

- **Name** : **SARITA MISHRA**
- **Father's Name** : RAM SWAROOP MISHRA
- **Mobile No** : 8948888894
- **E-Mail** : saritaimsbhu@gmail.com
- **Present Designation** : Associate Professor (06-11-2018 -Still Continuing)
Department of Prasuti and Stree Rog, Jeevak Ayurveda
Medical College and Hospital, Research Centre
Chandauli, Uttar Pradesh



Academic Qualification:

Degree	Board/Univ.	Subject	Year of Passing	Div.	Marks
High School	U.P. Board	Science, Maths. Social study	1998	1 st	64.50
Intermediate	U.P. Board	Bio group	2000	1 st	67.40

Degree	Board/University	Year	Percentage	Special
BAMS	Faculty of Ayurveda, IMS, BHU	2009	71.84	Distinction in 5 subjects
Ayurveda Dhanwantari-MS (Ay.)	Faculty of Ayurveda, IMS, BHU	2012	Satisfactory	*1st rank in All India PG Entrance Examination (B.H.U.) in 2009
Senior Resident in Department of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU from 2012 to 2015				

Degree	University	Year	Topic	1 Guide / 2 Co- Guide
Doctor of Philosophy	Faculty of Ayurveda, IMS, BHU	2012-2016 Awarded in 2017	Role of Darvyadi Kashaya and Darvyadi Taila Uttarabasti in Asrigdar	1. Prof. Mukta Sinha (Department of Prasuti Tantra) 2. Dr. S.P. Mishra (Department of Medical Biochemistry, IMS, BHU)

Teaching Experience:

Teaching	Duration	Department / University
Senior Resident	15/9/2012 to 14/09/2015	Department of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU
Assistant Professor	6/2/2016 to 5/11/2018	Department of Prasuti evam Stree Roga Faculty of Ayurveda Jeevak Ayurveda Medical College and Hospital Research Centre Chandauli
Associate Professor	6/11/2018 to still continuing	Department of Prasuti evam Stree Roga Faculty of Ayurveda Jeevak Ayurveda Medical College and Hospital Research Centre Chandauli

Nature of Job: Teaching, Clinical services

Administrative Experience: Student Advisor, Labour Room In-charge, Warden

Total Teaching Experience: 7 Years

Publications:

Research Papers:

1. Mishra, Sarita, et al, on the topic **“Effect of Poly-Herbal Drug on Menorrhagia and Its Evaluation by Assessing Bio- Marker Serum VEGF-A”** Volume 8, Issue 4; ISSN-(E)2321-0109. **(Scopus indexed Journal)**
2. Mishra, Sarita, et al, on the topic **“Stress And Fertility – Past Conviction, Present Cognizance And Future Orchestrations”** in International journal of research in pharmaceutical sciences *Volume 10; Issue3; ISSN:0975-7538. (Scopus indexed Journal)*
3. Mishra, Sarita, et al, on the topic **“Proper Digestion as a Regulator of Female Reproductive Physiology- An Ayurvedic Perspective** in International journal of research in pharmaceutical sciences *Volume 10; Issue3; ISSN:0975-7538. . (Scopus indexed Journal)*
4. Mishra Sarita on the topic **“Prediabetes- An Ayurvedic Review”** in International journal of green pharmacy Volume 11 supplement; ISSN- 0973-8258. **(Scopus indexed Journal)**
5. Mishra, Sarita, Sinha Mukta on the topic **“Asrigdar-A Focus on Endometrial Response in Disease Process and its Relevance in Treatment”** in World Journal of Pharmaceutical Research,2015, Vol 4,Issue 8,771-780 .ISSN 2277-7015,**SJIF Impact Factor 5.990.**
6. Mishra, Sarita, Paper on the topic **“ Role of Ama w.s.r. to Physiological Changes in Gut”**in Anvikshiki-bimonthly international journal of all research ISSN 0973-9777 volume 8 Issue 5 & 6 page no. 72-76
7. Mishra, Sarita, Paper on the topic **“Effect of Shatpushpa Churna and Nasya in Kastartva”** in Asian journal of modern and Ayurvedic medical sciences ISSN 2279-0772 volume 3 number 2
8. Mishra, Sarita, Paper on the topic **“Effect of Life Style on Fertility”** in Anvikshiki-bimonthly international journal of all research ISSN 0973-9777 volume 8 Issue 5 & 6 page no. 82-86
9. Mishra, Sarita, Paper on the topic **“Gut Homeostasis by Diet and Agni”** in Indian Journal of Agriculture and Allied Sciences ISSN 2395-109
10. Mishra, Sarita, Paper on the topic **“Antenatal care (An Ayurvedic Approach)”** in Asian journal of modern and Ayurvedic medical sciences ISSN 2279-0772 volume 3 number 1
11. Mishra, Sarita, Paper on the topic **“Physiological Homeostasis by Diet- During Reproductive Period of Women’s Life”** in International Ayurvedic Medical Journal ISSN 2320 5091,Impact Factor 1.438,vol III, Issue VII, July 2015
12. Mishra, Sarita, Paper on the topic **“ Pathophysiology of Asrigdar w.s.r. to Disturbed Inflammatory Response of Endometrium”** in Asian journal of modern and ayurvedic medical sciences ISSN 2279-0772 volume 4 number 1

13. Mishra, Sarita on the topic **“Re-hysterectomy for Uterine Fibroid** in Sangyahanashodh –August 2014 vol. 17 No. 2/ ISSN 2278-8166”.
14. Mishra, Sarita on the topic **“Post natal care (Sutika paricharya)- An Ayurvedic Approach with Practical and Scientific Analysis”** in Sangyahan shodh –August 2015 vol. 18 No. 2/ ISSN 2278-8166.
15. Mishra, Sarita et al, on the topic **“A Comparative Study of Darvyadi Kashaya and Darvyadi Tail Uttarbasti in Asrigdara”** in International Ayurvedic Medical Journal, *Volume 3; Issue 12; December- 2015,ISSN:2320 5091*
16. Mishra, Sarita, et al, on the **topic A cross sectional study showing predominance of vata in cases of primary dysmenorrhoea** in national journal in JIGYASA – An interdisciplinary peer reviewed referred research journal *Volume 12; Issue2; ISSN: 0974-7648*
17. Mishra, Sarita, et al, on the topic **“Involvement of vata in Cases of Asrigdara w.s.r. Dysfunctional Uterine Bleeding”** in Journal of Emerging Technologies and Innovative Research Volume 5, Issue 10; ISSN-2349-5162
18. Mishra, Sarita, et al, on the topic **“ A Comparative Study of Shatapushpa Churna and Mefenamic Acid in management of Primary Dysmenorrhoea”** in Journal of Emerging Technologies and Innovative Research Volume 6, Issue 1; ISSN-2349-5162
19. Mishra, Sarita, on the topic **“Concept of garbhadhan – For better preconceptional care”** Volume 2, Issue 1; ISSN-2348-5590

Book/ Chapters Published:

1. Book named **“Facets of Reproductive Health in Ayurveda”**, published by MPASVO International publication, ISBN NO- 978-93-82061-24-3
2. Chapter on the topic **“Effect of stress on psychosomatic level with special reference to pregnancy and its outcome ”** in Proceedings of International seminar of tantrasharira, kundalini yoga and psychosomatic disorder organized by Department of Rachnasharira I.M.S. B.H.U. in Sep. 2015, ISBN NO : 978-81-7637-361-6
3. Chapter on the topic **“Effect of Stress on Women’s Reproductive life”** in book named **“Health Care in Allied Sciences”** published by SrijanSamiti Publication, National Publisher ISBN NO-978-93-83583-41-6
4. Chapter on the topic **“Management of Menopause- As a Part of Graceful Aging”** in book named **“Health Care in Allied Sciences”** published by Srijan Samiti Publication, National Publisher ISBN NO-978-93-83583-41-6
5. Chapter on the topic **“Age and It’s Fertility Outcome”** in book named **“Gynaecological Aspect of Ageing & Radiological Findings in Some Condition”** published by SrijanSamiti Publication, National Publisher ISBN NO-978-93-83583-19-5
6. Chapter on the topic **“ Asrigdara and It’s Management- For Restoration of Women Health ”** in book named **“ Gynaecological Aspect of Ageing & Radiological Findings in Some Condition ”** published by Srijan Samiti Publication, National Publisher ISBN NO-978-93-83583-19-5
7. Chapter on the topic **“Ama- Prime Cause for Disease”** in book named **“Ayurvedic Perspective on Surgical Diseases & Female Health Care”** published by Poddar Publication, National Publisher ISBN NO-978-93-84215-99-6

8. Chapter on the topic “**Concept of Beeja and Their Regulating Factors in Prenatal Period**” in book named “Ayurvedic Perspective on Surgical Diseases & Female Health Care” published by Poddar Publication, National Publisher ISBN NO-978-93-84215-99-6
9. Chapter on the topic “**Concerns of Preconceptional Care in Ayurveda**” in book named “Ayurvedic Perspective on Surgical Diseases & Female Health Care” published by Poddar Publication, National Publisher ISBN NO-978-93-84215-99-6
10. Chapter on the topic “**Doshas and Their Impact on Women Life**” in book named “Ayurvedic Perspective on Surgical Diseases & Female Health Care” published by Poddar Publication, National Publisher ISBN NO-978-93-84215-99-6
11. Chapter on the topic “**Painful Periods- An Ayurvedic Approach**” in book named “Ayurvedic Perspective on Surgical Diseases & Female Health Care” published by Poddar Publication, National Publisher ISBN NO-978-93-84215-99-6
12. Chapter on the topic “**Relation of Diet and Body Weight on Reproductive Health**” in book named “Ayurvedic Perspective on Surgical Diseases & Female Health Care” published by Poddar Publication, National Publisher ISBN NO-978-93-84215-99-6
13. Chapter on the topic “**Role of Vajikarana in Preconceptional Care**” in book named “A Bird View on Women Health & Surgical Diseases in Ayurveda” published by Veer Bahadur Publication, National Publisher ISBN NO-978-93-84817-96-1
14. Chapter on the topic “**Code and Conduct While Eating-A Step for Good Health**” in book named “A Bird View on Women Health & Surgical Diseases in Ayurveda” published by Veer Bahadur Publication, National Publisher ISBN NO-978-93-84817-96-1
15. Chapter on the topic “**Abnormal Uterine Bleeding in Reproductive Age Group (An Ayurvedic Perspective) ”** in book named “A Bird View on Women Health & Surgical Diseases in Ayurveda” published by Veer Bahadur Publication, National Publisher ISBN NO-978-93-84817-96-1
16. Chapter on the topic “**Life Style Management for Balance of Dosha in Women Life**” in book named “A Bird View on Women Health & Surgical Diseases in Ayurveda” published by Veer Bahadur Publication, National Publisher ISBN NO-978-93-84817-96-1
17. Chapter on the topic “**Ritu Kala and Its Effect on Garbhadhan**” in book named “A Bird View on Women Health & Surgical Diseases in Ayurveda” published by Veer Bahadur Publication, National Publisher ISBN NO-978-93-84817-96-1
18. Chapter on topic “**Concept of Agni**” in preceding of international conference on GSTSMAAE RCSG Jan 2013 ISBN NO- 978-81-920934-1-3
19. Chapter on topic “**Role of GIT Health in Metabolic Disorder- Ayurvedic Review**” in preceding of National Seminar on Role of Basic Sciences to Develop Diagnostic Tools for Shrotodushti w.s.r. to Purvaroop of Metabolic Disorder organized by Department of Rachana Sharir, Faculty of Ayurveda, IMS,BHU
20. Chapter on topic “**Factors Influencing Menstrual Physiology -An Ayurvedic View**” in book named “Ayurveda-Role of Doshas in Health Care” published by rekha publication Sangam vihar, south Delhi 110080 ISBN NO. 978-81-88-5999-71-4
21. Chapter on topic “**Role of Liver in Controlling Reproductive Physiology**” in book named “Ayurveda-Role of Doshas in Health Care” published by Rekha publication Sangam vihar, south delhi 110080 ISBN NO. 978-81-88-5999-71-4

22. Chapter on topic “**Doshik Regulation of Reproductive Physiology**” in book named “Basics of Ayurveda in Health Care” published by Veer bahadur publication (national publisher) south city, Raebareilly road Lucknow 226025 ISBN NO. 978-93-84817-65-7
23. Chapter on topic “**Endometrial Hyperplasia -An Ayurvedic Perspective of Management**” in book named “Basics of Ayurveda in Health Care” published by Veer bahadur publication (national publisher) south city, Raebareilly road Lucknow 226025 ISBN NO. 978-93-84817-65-7
24. Chapter on topic “**Ayurvedic View on Infertility**” in book named “Health Care in Ayurveda - Preventive & Therapeutic Approach” published by Rekha publication Sangam vihar, south Delhi 110080 ISBN NO. 978-81-88-5999-5-0
25. Chapter on topic “**Clinical Approach and Management of Infertility in Holistic Way**” in book named “Health Care in Ayurveda - Preventive & Therapeutic Approach” published by Rekha publication Sangam vihar, south Delhi 110080 ISBN No. 978-81-88-5999-5-0
26. Chapter on topic “**Obesity and Its Effect on Reproductive Disorders**” in book named “Practical Approach of Ayurveda towards Health Care” published by Veer bahadur publication (national publisher) south city, Raebareilly road Lucknow 226025 ISBN NO. 978-93-84817-72-5
27. Chapter on topic “**Role of Body Weight in Management of PCOS – Holistic Approach**” in book named “Practical Approach of Ayurveda towards Health Care” published by Veer bahadur publication (national publisher) south city, Raebareilly road Lucknow 226025 ISBN NO. 978-93-84817-72-5

Seminar/Conference (International and National):

- 1) Participated in seminar on Emerging Frontier of Contemporary Ayurveda at Dhanwantri Hall, Faculty of Ayurveda IMS, BHU 28th Dec 2009
- 2) Paper on the topic “**Concept of Snehana**” at XIII National conference and IInd international congress of A.A.I.M., (I.M.S., B.H.U.) 6th-8th Feb 2010
- 3) Participated and presented paper on the topic “**Guda and Vasti Marma Essential knowledge to prasava vigyana**” in National Seminar on Marma at B.H.U., (Department of Rachna Sharir) 23rd 24th march 2011
- 4) Participated in INTERNATIONAL CONFERENCE OF GSTSMAAE at Rajiv Gandhi South Campus, Barkachha B.H.U. 21st-22nd Jan. 2013
- 5) Participated and presented Paper on the topic “**Holistic care during menopause through yoga and Ayurveda**” in international conference on geriatric health care through yoga (MALVIYA BHAWAN, BHU) 16th-17th March 2013
- 6) Participated in International Conference during IHMCON held at K. N. Uduppa Auditorium, BHU Varanasi 20th-22nd Dec 2013
- 7) Participated and paper presented in the CME on **Symbiotic Approach of Treatment For Better Global Health Care and Challenges** in Department of Sangyahan 15th Oct. 2014
- 8) Participated and presented a paper entitled “**Concept of Agni and Ama w.s.r. to gut flora and leaky gut syndrome in International seminar** in public health organized by GAF cochin Kerala 20th-23rd Feb 2014

- 9) Participated and presented a Paper on the topic **“YOGA AND AYURVEDA FOR SAFE MOTHERHOOD”** in international conference on yoga and Ayurveda in present scenario on the topic (Department of Sangyahan IMS, BHU) 15th nov2014
- 10) Paper on the topic **“Infertility Problem Related to Professionalization of Education”** An Ayurvedic concept in national seminar on professionalization of education: problems and opportunities in India at Faculty of Art B.H.U 24th, 25th march2015
- 11) Paper on the topic **“A Step towards Good Reproductive Health by Ayurveda”** in National seminar on Relevance of Charaka Samhita and its practices in contemporary Age, (I.M.S., B.H.U.)28th,29th march 2015
- 12) Paper on the topic **“Concept of Ahar During and After Pregnancy”** in national seminar on Role of Ahar-Vihar in the management of chronic Non-communicable diseases as Government Ayurvedic College and Hospital, Sampurnanand Sanskrit University, Varanasi 11th April 2015
- 13) Paper on the topic **“A Bird View on Lacunas in Ayurvedic Teaching”** in National seminar on skill development for Ayush professional Issues and challenges Vishwa Ayurveda Parishad, Varanasi 25th-26th April 2015
- 14) Paper on the topic **“Horizontal and Vertical Integration -A New Trend in Medical Education”** in National conference on advances in ShalyaTantra, (Department of ShalyaTantra, I.M.S., B.H.U.).24th 25th April 2015
- 15) Participated and presented a Paper on the topic **“Bhartiya Paryatan mein Yoga ka Mahatav”**in International conference on Ekatma manav darshan : SanskritikRastravad (Faculty of Social Sciences BHU)2nd,3rd may 2015
- 16) Paper on the topic **“Female pelvic health and yoga”** in national seminar & workshop on ashtanga yoga and human values at Malaviya Bhawan B.H.U.22nd June 2015
- 17) Participated in International seminar of Tantra Sharira, Kundalini yoga and psychosomatic disorder organized by Department of Rachna Sharira I.M.S. B.H.U. in 27th-28th Sep. 2015
- 18) Paper on the topic **“Effect of Uttarbasti in Gynecological Disorders”** in International conference of recent innovation in ayurvedic sciences and technology in Department of Kayachikitsa I.M.S. B.H.U. 24th-25th Oct. 2015
- 19) Paper on the topic **“Darvyadi Kashaya in Management of Asrigdar”** in international conference on frontiers of plant sciences and developing technologies organized by Institute of Agricultural Sciences 7th-8th Nov. 2015
- 20) Paper on the topic **“A natural path for blissful menopause”** in International Conference on Yoga –Science and Education, Department of Biochemistry I.M.S. B.H.U. 15th -17th Jan. 2016
- 21) Participated in national seminar on recent advances and future prospects of srotas sharir Department of Rachana Sharir, IMS, BHU 29th April 2017
- 22) Participated in international seminar on “multidisciplinary approach to non communicable diseases at IMS,BHU 6th -7th April 2018
- 23) Participated in national seminar on role of basic sciences to develop diagnostic tools for shrotodushti w.s.r. to purvaroop of metabolic disorder organized by Department of Rachana Sharir, Faculty of Ayurveda, IMS, BHU 16th -17th April 2018
- 24) Participated in international conference on present, past & future of AYUSH education and research on the topic **“PROBLEM BASED LEARNING”** on 26th- 27th July 2018

- 25) Participated in ISAR regional conference on ART- Getting it right at hotel Taj Ganges on 1st-2nd sep.2018
- 26) Participated in summit on ultrasonography held at Hotel Madin on 14th Oct 2018
- 27) Participated in 1st International conference on integrated approach to management of lifestyle disorders at K N Uddupa auditorium IMS BHU on 27th -28th Oct. 2018
- 28) Paper presented in International conference on application of Ayurvedic fundamentals in present scenario on the topic “ **Role of GIT in Female Reproductive Physiology** ” organized by GOV. P.G. Ayurvedic college & hospital Varanasi 9-10th march 2019
- 29) Paper presented in international conference on women empowerment on different aspect on the topic “**Female Health Reform – A Holistic Approach**” organized by MPASVO Varanasi with collaboration of BHU Varanasi on 25th-26th march 2019
- 30) Participated in ISAR-ISPAT national conclave on conception to gestation at hotel Taj on 21st-22nd sep. 2019

Editor/Member of Editorial board of referred journal

- ❖ Member of Anviikshiki, ISSN- 09739777 Bi monthly international journal of all research
- ❖ Member of Asian journal of modern and ayurvedic medical science, ISSN NO- 2279-0772

Member

- ❖ Life member of **Vishwa Ayurveda Parishad** membership no. 07311635
- ❖ Life member of **Bharatiya Sangyaharak Association** membership no. 505
- ❖ Annual member of **The Indian Academy of Yoga** (2018) Membership no. 169
- ❖ Annual member of **Green Eco Movement Society** membership no. 280
- ❖ Annual member of **Baikunthi AYUSH Research & Social Welfare Society** REG. NO. 117

Organizing secretary/ Administrative work

- ❖ **Organizing Secretary** of seminar on the topic Effect of Stress on Women Physiology conducted by sudha pradogik prshikshan sanstha ravindrapuri Varanasi 18th Dec 2016
- ❖ **Labor room in charge** of Jeevak Ayurveda Medical College and Hospital Research Centre, Chandauli from 15/1/17 to till date
- ❖ **Warden** of Jeevak Girls Hostel of Jeevak Ayurveda Medical College and Hospital Research Centre, Chandauli from 15/1/17 to till date
- ❖ **Student advisor** of BAMS students of Jeevak Ayurveda Medical College and Hospital Research Centre, Chandauli 15/1/17 to till date
- ❖ **Session coordinator** in International conference in yoga – science and education at Malaviya bhawan B.H.U. 15th-17th Jan. 2016

AWARD / Guest Lecturer

- ❖ **Best teacher award** by “Baikunthi AYUSH Research & Social Welfare Society, Lucknow” on the occasion of International Conference on “Present Past & Future of AYUSH Education and research” **jointly organized by Department of Rachana Sharira Faculty of Ayurveda, IMS BHU & Baikunthi AYUSH Research & Social Welfare Society Lucknow 26th July 2018.**
- ❖ Awarded by **District Magistrate Sonbhadra** for health awareness in rural and tribal areas of District Sonbhadra 2019.
- ❖ **Awarded** by Saryuparin Brahman Parishad, Durgakund, Varanasi for **best Ayurvedic medical services to the society and medical camp** on 5/11/2017
- ❖ Awarded with “**Organizational Service Award**” in International conference in yoga – science and education at Malaviya Bhawan B.H.U. 15th-17th Jan. 2016
- ❖ **Certificate of appreciation** for **spreading anemia awareness and management since 2015** by Zuventus healthcare limited
- ❖ **Certificate of appreciation** for **spreading awareness about calcium deficiency and its management** since 2015 by Indechemi health specialties private limited
- ❖ Awarded **1st prize** in paper presentation in International seminar of Tantra Sharira, Kundalini yoga and psychosomatic disorder organized by Department of Rachana Sharira I.M.S. B.H.U. in 27th-28th Sep. 2015
- ❖ Awarded with **1st rank for Best paper** on “Symbiosis of Agni and Health” in C.M.E. on A.T.B.G.H.C.C. at B.H.U., 15th Oct. 2014.
- ❖ Awarded with **2nd rank** in IInd ICAAIM (Department of Sangyahan IMS B.H.U.), 6th-8th Feb. 2010
- ❖ Delivered **guest lecture** in CME program on “**Recent Trend In Pain Management**” organized by Department of Sangyahan IMS, BHU Varanasi 15th Oct 2012
- ❖ Delivered **guest lecture** on “**Preconceptional counseling**” in SNPG HOSTEL BHU march 2015
- ❖ Delivered **guest lecture** on **Rajowaha Shrotodushti and Its Management in Asrigdar** in national seminar on recent advances and future prospects of srotas sharir Department of Rachana Sharir, IMS BHU 29th April 2017
- ❖ Delivered **guest lecture** in international conference on present, past & future of AYUSH education and research on the topic “**PROBLEM BASED LEARNING**” on 26th- 27th July 2018
- ❖ Delivered **guest lecture** on “**Role of Ahar and Agni in Maintenance of Health**” in international seminar on “multidisciplinary approach to non communicable diseases at IMS, BHU 6th -7th April 2018
- ❖ Delivered **guest lecture** on **Role of GIT Health in Metabolic Disorders- An Ayurvedic Review** in national seminar on role of basic sciences to develop diagnostic tools for shrotodushti w.s.r. to purvaroop of metabolic disorder organized by Department of Rachana Sharir, Faculty of Ayurveda, IMS, BHU on 16th -17th April 2018
- ❖ Delivered **guest lecture** on “**common health issues in adolescent girls**” in Arya Mahila P.G. College Varanasi, 3rd Feb. 2018

Training/Course Attended:

- ❖ Attended **basic laparoscopic course** at Newlife Centre For Advanced Laparoscopy Siga Varanasi 21st-26th may 2018
- ❖ Attended 5 day **International Marma Science and Therapy Training Program** organised by Mrituyunjaya Mission Haridwar 22nd -26th Nov. 2015
- ❖ Participated in **certificate course on hospital management** organized by IMS.BHU and Indian hospital association during IHMCON 17th-19th Dec 2013
- ❖ Participated in **four week training program on yoga practices for better living** conducted by B.H.U session Aug-Sep 2005
- ❖ Participated in workshop on **Supraja Nirmitee** Organized by Dept. of Streroga, prasutitantra & dept of Swasthvritta-National Institute of ayurveda Jaipur in association with garbhasanskar antenatal services Pvt. Ltd., Pune on 24th & 25th dec. 2019
- ❖ Participated in workshop on **OPD LEVEL PANCHKARMA** Conducted by Dr. Ramdas Avhad at Godavari Auditorium, New Delhi on 8th feb 2020
- ❖ Participated in training programme for master trainers on '**Standardized prakriti assessment Scale and AYUR Prakriti Web Portal**' imparted by CCRAS and organized by Faculty of Ayurveda, IMS, BHU, VARANASI from 25th feb – 27th feb 2020
- ❖

Workshop and CME

1. Workshop in **Pain management through Ayurvedic approach** Department of Sangyahan, IMS, BHU 15th Oct – 5th Nov. 2018
2. National workshop on **Teaching & research methodology** jointly organized by department of rachana sharira faculty of Ayurveda IMS BHU & baikunthi AYUSH research & social welfare society lucknow 15th -25th July 2018
3. National workshop on **Yoga and swasthya** jointly organized by department of vedic darshan faculty of Sanskrit vidya dharma vijanana BHU & baikunthi AYUSH research & social welfare society Lucknow 7-21 June 2018
4. Participated in **Workshop on Cardio-Cerebro-Pulmonary Resuscitation** at Department of Sangyahan Faculty of Ayurveda IMS, BHU 17th jan-6th Feb 2018
5. National workshop on **Basic level clinical approaches of Charaka samhita** 23rd-30th jan. 2018 Faculty of Ayurveda IMS BHU
6. Actively participated in "**Operative hysteroscopy workshop**" at S.S. Hospital BHU Varanasi on 16th Oct. 2016
7. Attended **workshop on Astang Yog and Human Values** at Malviya Bhawan, BHU, Varanasi 21st-22nd June 2015
8. Participated in the **Hands on IUI Workshop** at Newlife Rotunda Advanced Fertility Centre Varanasi 5th June 2015
9. Actively participated in the "**Obstetrics skill workshop**" at 12 world congress and 20th Indian conference of NARCHI at scientific convention centre 7th Nov 2014
10. Participated in the preconference **workshop on Panchkarma** at GAF Cochin Kerala 18th-19th Feb 2014.

11. Participated in **CME on An Update in CTG** conducted by Varanasi obstetric & gynecological society Varanasi 22nd Jan. 2017.
12. Participated in **CME** of NARCHI at scientific convention centre Lucknow on 7-9 Nov. 2014
13. Participated in **CME** on symbiotic approach of treatment for better global health care and challenges (IMS, BHU) 15th Oct 2014.
14. Attended **CME** program on **Recent Trend in Pain Management** organized by Department of Sangyahan, IMS, BHU Varanasi 15th Oct 2012
15. Participated in ISOPARB **CME** of Indian society of perinatology and Reproductive biology, Varanasi 19th Sep 2010
16. **CME** on colorectal disease (IMS, BHU) 19th Feb 2010

CERTIFICATES AND EXTRACURRICULAR :

1. Participated in **medical camp** organized by Vishwa Ayurveda Parishad 30th June to 4th July 2019
2. Participated in **medical camp** organized by saryuparin Brahman parishad Varanasi at Jesus academy R.K. Puram Varanasi 2nd Dec. 2018
3. Participated in **medical camp** organized by saryuparin Brahman parishad Varanasi at Brij Academy, Brij Inclave Colony, Varanasi, 5th Nov 2017
4. Participated in **medical camp** organized by saryuparin Brahman parishad Varanasi at Moon Flower Public School, Varanasi, 18th Dec 2016.
5. Participated in **medical camp** organized by saryuparin Brahman parishad Varanasi at Sukulpur, Varanasi 15th Feb 2015.
6. Participated in **medical camp** at Ravindrapuri, organized by saryuparin Brahman parishad Varanasi 16th Nov 2014
7. Got **second position** in debate in Ayurkids litcom 19th Oct 2006 (IMS, BHU).
8. Got **Second Place** in Debate in Shrimad Bhagwat Gita Competition at Nivedita Shiksha Sadan Balika Inter College (1997)
9. **Third position** in Shrimad Bhagwat Gita Competition at Nivedita Shiksha Sadan Balika Inter College (1996)
10. **First position** in Shrimad Bhagwat Gita Competition at Nivedita Shiksha Sadan Balika Inter College (1995)
11. Got **first position** in debate in Ramcharit Manas Competition at Nivedita Shiksha Sadan Balika Inter College (1999)
12. **Session co-ordinator** in International Conference On Yoga – Science And Education conducted by Department of Biochemistry, Faculty of Ayurveda, MS; Yoga Sadhana Kendra, Malviya Bhawan, BHU and Indian Academy of Yoga, Varanasi 16th Jan. 2016
13. As a **judge** in national seminar on “Role of Basic Sciences to Develop Diagnostic Tools for Shrotodushti w.s.r. to Purvaroop of Metabolic Disorder” organized by Department of Rachana Sharir, Faculty of Ayurveda, IMS, BHU on 16th -17th April 2018

14. Participated in **medical camp** organized by saryuparin Brahman parishad Varanasi at Brij inclave colony , Varanasi 3th Oct 2019.

Place: Varanasi

Date:24/03/2021

(SARITA MISHRA)