

BRIEF RESUME



Mr. Imran Khan is a Research Scholar of Department of Sanskrit, Faculty of Humanities and Languages at Jamia Millia Islamia (a Central Government University), New Delhi 110025. His notable academic achievements and semi- academic activities are summarized below:

Academic Qualification

- **Ph.D.** (Ongoing), Department of Sanskrit , Jamia Millia Islamia,
- **M.A.** (Yoga), Uttarakhand Sanskrit University, 2020
- **B.A.** (Physical Education), Choudhary Charan Singh University,2017
- **Intermediate**, U.P Board,2014
- **High School**, U.P Board,2011

Experience

- **Teaching as a Yoga Instructor** in Certificate Course for Yoga Studies at Jamia Millia Islamia New Delhi
- **Freelance Yoga Instructor:** 6 years
- **Yoga Instructor at Soul Fitness Studio :** 2 years
- **Provided personal Yoga sessions** at home and in group settings
- **Designing customized yoga plans** for individuals based on their fitness levels

Field of Specialization

- **Yoganga's impact on the Physical and Mental Health: A Study**

Workshops/Sessions

- Conducted a 60 days Yoga Workshop from October 15 to December 15,2024 titled “Yoga and Wellness for Women to Overcome PCOD, PCOS, Obesity and Stress” at Jammu & Kashmir Girls Hostel, Jamia Millia Islamia New Delhi.
- Conducted a yoga session on 5th International Yoga Day at the Islamic Cultural Centre, Delhi
- Conducted a yoga session at the 2nd Social Fighter Award Ceremony, organized by Leaps and Bounds Foundation, ITO, Delhi
- Participated as a volunteer in 6th International Yoga Day (Theme: Yoga at Home, Yoga with Family)

CERTIFICATIONS

- UGC NET Qualified (2022,2024)
- 200-Hour Yoga Teacher Training Course (Yoga Alliance Certified)
- Certificate of Appreciation (Ministry of Ayush, Govt. of India)

Articles Presented/Published

- Paper presented Title “**Yoga as a creative Therapy for Specific Learning Disability**” in the Online two days International Conference on Specific Learning Disability-Theoretical Paradigms and Practical Inventions in the Educational System organized by Dept. of Teacher Training & Non-Formal Education (IASE), JMI on 22nd,23rd March 2024.
- Paper Presented Title “**Asana-Pranayama for Cardiac Disease and Rehabilitation: A study**” in National Seminar on Convergence of Yogic Science & Pharmaceutical Science: A Holistic Approach to Wellness organized by School of Pharmacy & MUST-Center for Hindu Studies, School of Liberal arts and Science, Mody University of Science and Technology.
- **SLD Mein Yoga Chikitsa ki Bhumika**, Khan Imran, Shabdarnav: An International Peer Reviewed Refereed Journal of Multidisciplinary Research[ISSN-2395-5104]Jan-Jun, 2024.

Personal Information

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