

# Dr. Alka Mishra



**Assistant Professor (Stage-2)**  
**HoD, Dept. of Complimentary & Alternative Medicine**  
**Coordinator - Panchakarma Center**  
**Department of Ayurveda and Holistic Health**  
**Dev Sanskriti Vishwavidyalaya, Gayatrikunj-Shantikunj, Haridwar -**  
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## Specialization

Ayurved, Panchakarma, Marma Therapy, Yog, Naturopathy

## Education

- ❑ Ph.D. (Ayurveda) [Topic: "Evaluation of Efficacy of Marma Therapy with Janu Basti in the Management of Janu Sandhigata Vata (Osteoarthritis of Knee)"] - Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - April 2021
- ✓ Master of Science in Science of Living, Preksha Meditation and Yog (M.Sc. SOL, PM and Yog) - Jain Vishwa Bharati University, Ladnun, Rajasthan ([www.jvbi.ac.in](http://www.jvbi.ac.in)) - July 2009
- ❑ Bachelor of Ayurvedic Medicine and Surgery (BAMS) - State Ayurvedic College and Hospital, Tudiaganj, Lucknow, Uttar Pradesh - December 2004
- ❑ Doctor of Naturopathy (ND) - Arogya Mandir, Gorakhpur, Uttar Pradesh ([www.arogyamandir.org](http://www.arogyamandir.org)) - June 2008
- ❑ PG Diploma (1 year) - Human Consciousness and Yogic Therapy - Dev Sanskriti Vishwavidyalaya ([www.dsvv.org](http://www.dsvv.org)), Haridwar, Uttarakhand - October 2007
- ❑ Bachelor of Science (B.Sc.) - Zoology, Botany and Chemistry - Allahabad University, Allahabad, Uttar Pradesh - May 1999

## Work Experience

- ❑ Head of Department, Dept. of Complimentary & Alternative Medicine, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand – July 23, 2024 to Present
- ❑ Assistant Professor, Dept. of Ayurveda and Holistic Health, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - May 2018 to Present
- ❑ Assistant Professor, Dept. of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - September 2013 - May 2018
- ❑ Lecturer, Dept. of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - July 2011 - August 2013
- ❑ Holistic Therapy Consultant (Ayurved, Naturopathy, Yog) - at Powai Polyclinic, Powai, Mumbai - October 2008 – April 2011
- ❑ House Officer - at State Ayurvedic College and Hospital, Tudiaganj, Lucknow - March – August 2005

## Certificates of Specialized Courses

- ❑ Certificate of Participation - NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by UGC-Malaviya Mission Teacher Training Centre, University of Allahabad from May 20 to May 29, 2024 and obtained grade A.
- ❑ Certificate of Participation - Online “GURU DAKSHTA: Faculty Induction Programme (FIP)”, organized by UGC – Malviya Mission Teacher Training Centre (Human Resource Development Centre), University of Allahabad, from November 27 to December 24, 2023 and obtained Grade A+

- ❑ Certificate of Participation - Marma Chikitsa Trainer's Training Workshop, Department of Human Consciousness and Yogic Sciences, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 27th February - 1st March 2013
- ❑ Certificate of Participation - International Workshop on Marma Science & Marma Therapy, Mrityunjay Mission (Foundation for Vedic Medical Sciences), Kankhal, Haridwar, Uttarakhand - 21st - 25th April 2012
- ❑ Certificate Course in Panchkarma - Institute of Contemporary Ayurved Research and Education (I-CARE), (Approved by Govt. of Maharashtra), R. A. Podar Medical College (Ayu) Campus, Worli, Mumbai, Maharashtra - 8th September – 7th October 2009
- ❑ Certificate of Participation - Pranic Healing – Basic, Advanced and Psychotherapy, Dev Sanskriti Vishwavidyalaya, Haridwar - 25th February – 1st March 2007
- ❑ Certificate of Participation - Acupressure (Basic) - Dev Sanskriti Vishwavidyalaya, Gayatrikunj-Shantikunj, Haridwar - 16th – 22nd September 2006

## Research Papers Published

### Research Papers Published in Scopus / Web of Science

- ❑ Bentur SA, **Mishra A**, Kumar Y, Thakral S, S, Garg R. Integrative Therapy based on Yoga, Ayurveda and Modern Western Medicine for Treatment of High-risk Cases of COVID-19: A Telemedicine-Based Case Series, Indian Journal of Traditional Knowledge. 2022;21(3):475-488. (DOI: <https://doi.org/10.56042/ijtk.v21i3.55516>). (<http://op.niscair.res.in/index.php/IJTK/article/view/55516>) (<http://nopr.niscpr.res.in/handle/123456789/60208>)
- ❑ **A. Mishra**, S. A. Bentur, S. Thakral, R. Garg, B. Duggal, The use of integrative therapy based on yoga and ayurveda in the treatment of a high-risk case of covid-19/sars-cov-2 with multiple comorbidities: a case report, Journal of Medical Case Reports. 2021;15(1):1–12. PMID: 33627186 PMCID: PMC7903378 DOI: 10.1186/s13256-020-02624-1 (<https://pubmed.ncbi.nlm.nih.gov/33627186/>)

### Research Papers Published in International Peer Reviewed Journals

- ❑ Mishra S, **Mishra A**. Purification of the Subtle Realm through Yajna: Philosophical Principles and Implications for attaining Universal peace and Well-being. Dev Sanskriti Interdisciplinary International Journal. 2024; 23: 14-23. (DOI: <https://doi.org/10.36018/dsij.23.337>). (<http://dsij.dsvv.ac.in/index.php/dsij/article/view/337/242>)
- ❑ **Mishra A**, Shrivastava V. Exploring the science of marma - an ancient healing technique: Marma Therapy. Dev Sanskriti Interdisciplinary International Journal. 2023; 22: 23-37. (DOI: <https://doi.org/10.36018/dsij.v20i.157>). (<http://dsij.dsvv.ac.in/index.php/dsij/article/view/157>)
- ❑ **Mishra A**, Shrivastava V. Exploring the science of marma - an ancient healing technique: Marma in Yoga and Other Ancient Indian Traditions. Dev Sanskriti Interdisciplinary International Journal. 2022; 19: 61-74. (DOI: <https://doi.org/10.36018/dsij.v19i.156>). (<http://dsij.dsvv.ac.in/index.php/dsij/article/view/156>)
- ❑ **Mishra A**, Shrivastava V. Exploring the science of marma - an ancient healing technique: definition and properties of marma. Dev Sanskriti Interdisciplinary International Journal. 2021; 18: 46-63. (DOI: <https://doi.org/10.36018/dsij.v18i.155>). (<http://dsij.dsvv.ac.in/index.php/dsij/article/view/155/202>)
- ❑ **Mishra A**, Shrivastava V. Exploring the science of marma - an ancient healing technique: its mention in ancient Indian scriptures. Dev Sanskriti Interdisciplinary International Journal. 2021;17: 43-51. (DOI: <https://doi.org/10.36018/dsij.v17i.154>)
- ❑ **Mishra A**, Shrivastava V. Managing an essential public health menace - Osteoarthritis of knee, through janu basti procedure of traditional Indian medicine - A pilot study. Journal of Medical & Scientific Research. 2020; 8(4):150-159. (DOI: <http://dx.doi.org/10.17727/JMSR.2020/8-20>)
- ❑ **Mishra A**, Shrivastava V. Evaluation of Efficacy of Marma Therapy with Janu Basti in the Management of Janu Sandhigata Vata (Osteoarthritis of Knee). Dev Sanskriti

Interdisciplinary International Journal. 2020; 15: 29-45.

<https://doi.org/10.36018/dsij.v15i.139>.

(<http://dsij.dsvv.ac.in/index.php/dsij/article/view/139/134>)

- ❑ **Mishra A**, Batham L, Verma S, Mishra S, Shrivastava V. Management of the Symptoms associated with Osteoarthritis of the Knee through an Integrated Approach including Yagya Therapy. Interdisciplinary Journal of Yagya Research. 2019; 2(2): 29-37.  
<https://doi.org/10.36018/ijyr.v2i2.25>.  
(<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/25/91>)
- ❑ Shrivastava V, Batham L, Mishra S, **Mishra A**. An Integrated Traditional Therapy Approach Involving Yagya Therapy In Patient With Symptoms Similar to Crohn's Disease. Interdisciplinary Journal of Yagya Research. 2019; 2(2): 11-19.  
<https://doi.org/10.36018/ijyr.v2i2.26>.  
(<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/26/89>)
- ❑ Shrivastava V, Batham L, Mishra S, **Mishra A**. Supportive Care In A Patient With Acute Myeloid Leukemia Through An Integrated Approach Including Yagya Therapy. Interdisciplinary Journal of Yagya Research. 2019; 2(2): 20-28.  
<https://doi.org/10.36018/ijyr.v2i2.27>.  
(<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/27/93>)
- ❑ Shrivastava V, Batham L, Mishra S, **Mishra A**. Management of Symptoms Associated with Obsessive-Compulsive Disorder (OCD) and PolyCystic Ovarian Disease (PCOD) through an Integrated Approach including Yagya Therapy. Interdisciplinary Journal of Yagya Research. 2019;2(1):39-51. (<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/28>)
- ❑ **Mishra A.**, Batham L., Verma S., Mishra S., Shrivastava V. Management of Epileptic Seizures through an Integrated Approach including Yagya Therapy. Interdisciplinary Journal of Yagya Research. 2019; 2(1):52-64. (<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/24>)
- ❑ Verma S, Kumar P, **Mishra A**, Shrivastava V. Yagya Therapy for Sub-Clinical Hypothyroidism: A Case Study. Interdisciplinary Journal of Yagya Research. 2018;1(2):31-36. (<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/13>)
- ❑ Batham L, Choudhary L, **Mishra A**, Shrivastava V. Yagya Therapy for Epileptic Seizures: A Case Study. Interdisciplinary Journal of Yagya Research. 2018;1(2):37-42.  
(<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/14>)
- ❑ Verma S, **Mishra A**, Shrivastava V. Yagya Therapy in Vedic and Ayurvedic Literature: A Preliminary exploration. Interdisciplinary Journal of Yagya Research. 2018;1(1):15-20.  
(<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/7>)
- ❑ **Mishra A**, Batham L, Shrivastava V. Yagya Therapy as supportive care in cancer patients improved quality of life: Case studies. Interdisciplinary Journal of Yagya Research. 2018;1(1):26-33. (<http://ijyr.dsvv.ac.in/index.php/ijyr/article/view/3>)
- ❑ Patel V, **Mishra A**, Shrivastava V. Management of Type II (T2DM) Through Herbal Medicinal Smoke (Dhoom - Nasya) - A Case Study. International Journal of Yoga and Allied Sciences. 2017;6(2):193-197.

### Research Papers Published in Departmental Shodhamala / as Preprint

- ❑ **Mishra A**, Mishra S. An Integrative Approach including Panchakarma Therapy, administered in a Spiritual Environment, for the Management of Symptoms Associated with Hyperacidity - A Case Study (Case Study 9). Ayurveda evam Samagra Swasthya Shodhamala. 2023;5(3):2.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm53/asssm532>)
- ❑ **Mishra A**, Mishra S. An Integrative Approach including Panchakarma Therapy, administered in a Spiritual Environment, for the Management of Symptoms Associated with Multiple Complaints Including Polyarthritis, Dyslipidemia, Hypertension and Renal Stone - A Case Study (Case Study 8). Ayurveda evam Samagra Swasthya Shodhamala. 2023;5(3):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm53/asssm531>)
- ❑ **Mishra A**, Shrivastava V. Use of an integrative approach including marma therapy with janu basti for the management of janu sandhigata vata (osteoarthritis of knee) - case study 3. Ayurveda evam Samagra Swasthya Shodhamala. 2023;5(2):2.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm52/asssm522>)  
(<https://doi.org/10.31219/osf.io/exczi>)

- ❑ **Mishra A**, Mishra S. An integrative approach including panchakarma and marma therapy, administered in a spiritual environment, for the management of symptoms associated with rheumatoid arthritis and hypertension - a case study (case study 7). Ayurveda evam Samagra Swasthya Shodhamala. 2023;5(2):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm52/asssm521>)  
(<https://doi.org/10.31219/osf.io/6pkvc>)
- ❑ **Mishra A**, Mishra S. An integrative approach including panchakarma therapy, administered in a spiritual environment, for the management of multiple complaints including migraine and multiple joint pain - a case study (case study 6) [Internet]. OSF Preprints; 2023. (Created on May 08, 2023) (Available from: <https://doi.org/10.31219/osf.io/j5tmn>)
- ❑ **Mishra A**, Mishra S. An integrative approach including panchakarma and marma therapy, administered in a spiritual environment, for the management of low back pain - a case study (case study 5). Ayurveda evam Samagra Swasthya Shodhamala. 2023;5(1):2.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm51/asssm512>)  
(<https://doi.org/10.31219/osf.io/zbvg4>)
- ❑ **Mishra A**, Shrivastava V. Use of an integrative approach including marma therapy with janu basti for the management of janu sandhigata vata (osteoarthritis of knee) - case study 2. Ayurveda evam Samagra Swasthya Shodhamala. 2023;5(1):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm51/asssm511>)  
(<https://doi.org/10.31219/osf.io/7as8q>)
- ❑ Bentur SA, **Mishra A**, Kumar Y, Thakral S, S, Garg R. Integrative Therapy based on Yoga, Ayurveda and Modern Western Medicine for Treatment of High-risk Cases of COVID-19: A Telemedicine-Based Case Series. 2021. [doi:10.31219/osf.io/58btr](https://doi.org/10.31219/osf.io/58btr).
- ❑ **Mishra A**, Mishra S, Pandey AK. Panchakarma therapy for simultaneous management of symptoms due to multiple complaints including hypothyroidism, leucorrhoea, cervical pain - a case report. Ayurveda evam Samagra Swasthya Shodhamala. 2020;2(3):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm23/asssm231>)
- ❑ Shrivastava V, Mishra S, **Mishra A**. Exploring the Possible Applicability of Yagya in Present Time: A Review. Ayurveda evam Samagra Swasthya Shodhamala. 2020;2(2):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm22/asssm221>)
- ❑ Shrivastava V, Batham L, Mishra S, **Mishra A**. Application of an integrated approach including yagya therapy for the management of acute pulmonary edema with mild cardiomegaly. Ayurveda evam Samagra Swasthya Shodhamala. 2020;2(1):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm21/asssm211>)
- ❑ Pandey AK, Mishra S, **Mishra A**. Management of symptoms of parkinsonism through panchakarma therapy. Ayurveda evam Samagra Swasthya Shodhamala. 2019;1(1):5.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm11/asssm115>)
- ❑ **Mishra A**, Batham L, Mishra S. Management of symptoms of allergic rhinitis by panchakarma therapy: concept and application. Ayurveda evam Samagra Swasthya Shodhamala. 2019;1(1):4.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm11/asssm114>)
- ❑ Review Article - Shrivastava V, Batham L, **Mishra A**. Yagyopathy (yagya therapy) for various diseases - an overview. Ayurveda evam Samagra Swasthya Shodhamala. 2019;1(1):2. (<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm11/asssm112>)
- ❑ **Mishra A**, Batham L, Mishra S, Shrivastava V. Simultaneous management of symptoms of osteopenia and osteoarthritis of knee through panchakarma therapy: concept and application. Ayurveda evam Samagra Swasthya Shodhamala. 2019;1(1):1.  
(<https://sites.google.com/dsvv.ac.in/shodhamala-dahh/asssm11/asssm111>)

## Research Papers Published in Conference / Seminar

- ❑ **Mishra A**, Shrivastava V (2022), “Management of Janu Sandhigata Vata through an integrative approach including Marma Therapy with Janu Basti – A Case Study”, in Proceedings of the International Conference on Science and Philosophy in Indian Knowledge Systems ([जिज्ञासा-2022](#)) (Editors - Rohit Omar, Rishi Mohindru, Karan Chandra, Suresh Bhalla; ISBN: 978-93-5777-660-8), organized by Institute for Science and Spirituality Delhi, in partnership with Noida International University and IKS Division,

Ministry of Education, Govt. of India, 17-18 December, New Delhi, pp. 72-78 (Paper ID - IKS220034). ([Available Online - pages 72-78](#))

- ❑ **Mishra A**, Barik H, Singh AK, Gurvendra A. Ancient Therapy based Multimodal Approach for the Management of Multiple Musculoskeletal Disorders - Some Case Studies. In: National Seminar on Ancient and Spiritual Sciences, 25-26 October 2014, Center for Scientific Spirituality Studies, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand. New Delhi: Bharti Publications; 2014. p. 701-711.

### Research Papers Presented in Conferences/ Seminars

- ❑ **Mishra A**, Mishra S. An Integrative approach including Panchakarma therapy administered in a spiritual environment for the management of multiple complaints including migraine and multiple joint pain - A Case study. Presented (Poster presentation) in: International Conference on Scientific Spirituality, organized by Dev Sanskriti Vishwavidyalaya, Haridwar, from March 21-22, 2024 and obtained IInd prize.
- ❑ Thakral S, Rao AR, Mishra S, **Mishra A**, Bentur S, Garg R. A Survey-based Study During COVID Shows That Lifestyle Factors Correlate with Mental Health. Presented in: Mind, Brain, and Consciousness Conference - Perspectives from Indian Knowledge System, organized by the Indian Knowledge System and Mental Health Applications (IKSMHA) Centre, IIT Mandi, from 14 to 16 December 2023; 2023. Accessed on: 23 June 2024. Available from: <https://iksmha.iitmandi.ac.in/mbcc/index.php#proceedings>
- ❑ Thakral S, Rao AR, Mishra S, **Mishra A**, Bentur S, Garg R. A Survey-based Study Shows That Lifestyle Factors and Mental Health Correlate with Appearance and Duration of COVID-like Symptoms. Presented (poster presentation) in: National Youth Conference on Indian Knowledge Systems 2023, 25 - 27 August 2023, held at Indian Institute of Technology Roorkee in association with the IKS division at AICTE, Ministry of Education, as a part of G-20 University Connect Program, India.
- ❑ Bentur SA, **Mishra A**, Kumar Y, Thakral S, Sanjiv, Mishra S, Garg R. Personalized Integrative AYUSH Intervention for COVID: Black Box Approach - Accomplishments, Challenges and Future Directions. In 24th International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA), 26-29 May 2022, Prashanti Kutiram, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, India.
- ❑ **Mishra A**. Panchakarma Therapy for Allergic Rhinitis : A Case Study. presented (poster presentation) in International Conference on "Conservative and sustainable use of high altitude medicinal and aromatic plants for socio-economic development", held at Forest Research Institute, Dehradun, Uttarakhand on 29 and 30 November 2019, organized by Faculty of Biomedical Sciences, Uttarakhand University, Dehradun and sponsored by National Medicinal Plants Board (Ministry of AYUSH, Govt. of India); 2019.
- ❑ **Mishra A**, Shrivastav V. Management of Janusandhigata vata (Osteoarthritis of the knee) through Panchakarma therapy - A Case Study. Presented in: 4th International conference on Developing Human Values Through Yoga, 24-25 Feb 2018, held at Haridwar, Uttarakhand, organized by Indian Association of Yoga, New Delhi; 2018.
- ❑ **Mishra A**, Shrivastav V. Therapeutic Application of Yagya (With different Herbal Combinations) for Various Diseases. Presented (poster presentation) in: National conference on Recent Advances in Ayurvedic Herbal Medicine - From Source to Manufacturing, 15-16 September 2017, held at CSIR- Indian Institute of Petroleum, Dehradun, organized by National Medicinal Plants Board (Ministry of AYUSH, Govt. of India); 2017.
- ❑ Patel V, **Mishra A**, Shrivastav V. Pulmonary inhalation of medicinal smokes– an aspect of yagya therapy: an effective therapeutic application and efficient drug delivery model of multiple herbs . Presented in: National conference on Recent Advances in Ayurvedic Herbal Medicine - From Source to Manufacturing, 15-16 September 2017, held at CSIR- Indian Institute of Petroleum, Dehradun, organized by National Medicinal Plants Board (Ministry of AYUSH, Govt. of India); 2017.
- ❑ Shrivastav V, **Mishra A**. Pragyapey - A combination of selected herbal medicines used as a healthy alternative to tea/coffee. Presented (poster presentation) in: National conference on Recent Advances in Ayurvedic Herbal Medicine - From Source to Manufacturing, 15-16



September 2017, held at CSIR- Indian Institute of Petroleum, Dehradun, organized by National Medicinal Plants Board (Ministry of AYUSH, Govt. of India); 2017.

- ❑ **Mishra A**, Sahu G, Singh AK, Gurvendra A. Integrated approach involving traditional therapies for the simultaneous management of multiple musculoskeletal disorders - A case study. Presented in: International conference on Yoga and Holistic Health, 12-13 March 2016, held at Haridwar, Uttarakhand, organized by Indian Association of Yoga, New Delhi; 2016.
- ❑ **Mishra A**, Sahu G, Singh AK, Gurvendra A. Management of multiple musculoskeletal disorders by combination of traditional therapies - some case studies. Presented in: National conference on Yoga for Wellness in Life, 9-11 March 2015, held at Haridwar, Uttarakhand, organized jointly by Dev Sanskriti Vishwavidyalaya, Haridwar and Indian Association of Yoga, New Delhi; 2015

## Books

- ❑ Alka Mishra. Exploring the Science of Marma: An Ancient Healing Technique. Haridwar, Uttarakhand, Bharat: Dev Sanskriti Vishwavidyalaya [ISBN: 978-81-942338-2-4] ([Read Online](#))

## Chapters Authored in Books

- ❑ Course Material for M.A. Yoga - II Year in Uttarakhand Open University - 4 Units of 1st Block of 2nd Paper (Paper Code - MY202), Publisher: Samagri Utpadan Tatha Vitarana Nideshalaya, UOU, Haldwani- 263139, Nainital (Oct. 2017) [ISBN - 978-93-84813-76-5]

## Teaching Experience

- ❑ 13 years teaching experience - Post Graduate, Graduate, PG Diploma & Certificate programs for Indians & International students
- ❑ Courses “Basics of Ayurveda”, “Ayurvedic Anatomy & Physiology”, “Seasonal Hygiene (Ritucharya) & Health” taught to B.A./BSc Minor students (NEP2020 based syllabus)
- ❑ Courses “Basics of Ayurveda”, “Marma Therapy” & “Panchakarma Therapy” taught to M.A. Yogic Science & Ayurveda and M.Sc. Yogic Science & Ayurveda
- ❑ Course “Marma Therapy” taught to M.Sc. Yogic Science
- ❑ Course “Marma Therapy” taught to M.A. Human Consciousness & Yogic Science and M.Sc. Human Consciousness & Yogic Science
- ❑ Course “Introduction of Ayurveda” taught to B.Sc. Yogic Science (International students)
- ❑ Courses “Marma Therapy” & “Panchakarma Therapy” taught to M.A. Applied Yoga & Human Excellence and M.Sc. Applied Yoga & Human Excellence
- ❑ Courses “Marma Therapy” & “Panchakarma Therapy” taught to M.Sc. Yogic Science & Holistic Health
- ❑ Course “Ayurvedic Psychology” taught to M.A. Clinical Psychology
- ❑ Course “Alternative Therapy – Marma Therapy” taught to PG diploma Human Consciousness, Yoga & Alternative Therapy (International students)
- ❑ Course “Yoga & Complementary Therapy – Basic Marma Therapy” taught to Certificate Yoga & Alternative Therapy (International students)

## Online Short-term Courses

- ❑ 10 Online Short term Modular courses conducted on “Marma Therapy: Key to Self Management” (18 hours each) <https://sites.google.com/dsvv.ac.in/online-marma-workshop-x/home>
- ❑ 4 Online Short term Modular courses conducted on “Understanding the Basics of Ayurveda” (15 hours each) <https://sites.google.com/dsvv.ac.in/online-ayurveda-workshop-iv/home>

## As a Research Supervisor

### As a PhD guide

- ❑ Neha Rani Saini, "Assessment of the impact of Yoga intervention with Ayurvedic treatment in post-stroke management w.s.r. to Pakshaghata", Dept. of Yogic Sciences & Human Consciousness, DSVV
- ❑ Soni Sahu, "Pawan muktasana ke abhyason ka ghutane ke darda par padane wale prabhava ka adhyayana", Dept. of Yogic Sciences & Human Consciousness, DSVV

### As a Co-Guide

- Vicky Kachera, "Effect of Yogic practices on neurophysiological parameters" - PhD student of National Resource Centre for Value Education in Engineering (NRCVEE), IIT- Delhi

### As a Master's Guide

- ☐ Supervised more than 15 Master's Dissertations since 2018

### Invited Talks and Expert Participation

- ☐ Invited as a Guest of Honour at the International Conference on Yoga, Yajna, Ayurveda, Vedic Sciences and Management (3rd - 4th May 2024), organized by Indraprastha College for Women, University of Delhi
- ☐ Talks on "Introduction & Basic Concepts to Ayurveda, Concept of Srotas & Srotodushti", "Panchkarma Therapy- Purva Karma", "Panchkarma Therapy- Pradhana & Paschata Karma", "Marma Vigyan: An Ancient Healing Science", "Marmaghata" & "Marma Therapy" and Practical sessions on "Panchakarma Therapy" in International Workshop on Ayurveda (for a group of delegates from Divine Values School, Ecuador) at Dev Sanskriti Vishwavidyalaya, Haridwar - 24th April - 2nd May 2024
- ☐ Talk on "Introduction & Basics of Ayurveda" in International Workshop on Yoga & Ayurveda (17th - 21st April 2023) (for a group of delegates from VIETNAM) at Dev Sanskriti Vishwavidyalaya, Haridwar
- ☐ Talk on "Introduction to Ayurveda" in International Workshop on Indian Culture, Yoga & Ayurveda (25th March - 2nd April 2023) (for a group of delegates from USA) at Dev Sanskriti Vishwavidyalaya, Haridwar
- ☐ Talks on "Basic Understanding of Doshas", "Introduction to Panchkarma" & "Insight into Marma Therapy" and Practical sessions on Panchakarma & Marma Therapy in International Workshop on Ayurveda (15th January - 27th January 2023) (for a group of delegates from ARGENTINA) at Dev Sanskriti Vishwavidyalaya, Haridwar
- ☐ Online talk on "Ancient Indian Wisdom For Womens Health" in the Youth Camp on Women's Empowerment - organized by South East Asia Gayatri Pariwar on 17 December 2022 ([Click here to listen to the talk](#))
- ☐ Video Lecture on "Ayurveda for Senior Citizens" on the occasion of National Ayurveda Day 2022 - organized by Embassy of India, Thimphu, Bhutan
- ☐ Talk on "Introduction & Basics of Ayurveda" in International Workshop on Yoga & Ayurveda (14th October - 18th October 2022) (for a group of delegates from VIETNAM) at Dev Sanskriti Vishwavidyalaya, Haridwar
- ☐ Talks on "Introduction to Ayurveda", "Concept of Tridosha" & "Panchakarma" in International Workshop on Yoga & Ayurveda (28 September - 12 October 2022) (for a group of delegates from KAZAKHSTAN) at Dev Sanskriti Vishwavidyalaya, Haridwar
- ☐ Talks on "Introduction to Ayurveda" & "Introduction to Marma Therapy" in International Workshop on Yoga (25th December - 3rd Jan, 2020) (for a group of delegates from CHINA) at Dev Sanskriti Vishwavidyalaya, Haridwar
- ☐ Online Lectures on 'Ayurveda & Holistic Health' & 'Panchakarma in daily life' in 7 Day Online Workshop on Importance of Ayurveda in Daily Life, organized by Dept. of Ayurveda & Holistic Health, Dev Sanskriti Vishwavidyalaya, Haridwar - 21 - 27 Sept. 2020 (<https://sites.google.com/dsvv.ac.in/dahh-dsvv/workshops/workshop-ayurveda-daily-life-21-sep-2020>)
- ☐ Online Lecture on 'Effect of Ayurveda on Holistic Health', (as a Resource Person) in an online short-term course on "YOGA AND WELLNESS", organized by UGC - Human Resource Development Centre, Ranchi University, Ranchi - 24 August 2020
- ☐ Online Talk on 'An Overview of Indigenous Therapeutic Interventions @ Department of Ayurveda & Holistic Health (DAHh), D.S.V.V. w.s.r. to Yagyopathy' - 09 August 2020 (<https://youtu.be/fd4yMJyNJVs>)
- ☐ Online Talk on "Marma Therapy" in a Talk series under International Yoga Day, organized by Dept. of Yogic Science & Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar- 16 June 2020 (<https://www.facebook.com/dsvvofficial/videos/marma-therapy-a-talk-by-dralka-mishra/902356786932031/>)

- ❑ Online Talk on 'Role of Marma during Covid-19 pandemic' in International Webinar on Problems of COVID-19 and Solution Through Indigenous Techniques, organized by Dept. of Yogic Science & Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar - 13 June 2020
- ❑ Lecture on "An Overview of Indigenous Therapeutic Interventions @ Department of Ayurveda & Holistic Health w.s.r. to Application of Yagyopathy for Epilepsy" in Ist International WAHA Conference at Dev Sanskriti Vishwavidyalaya, Haridwar- 12 October 2019
- ❑ Talks on “Introduction to Ayurveda & “Introduction to Marma Therapy” in International Workshop on Yoga (for a group of delegates from China) at Dev Sanskriti Vishwavidyalaya, Haridwar - 9th & 12th March 2019
- ❑ Lecture (Technical session) on “Marma Chikitsa” for Masters students of Pd Ravi Shankar Shukla University, Chattisgarh - 2nd March 2019
- ❑ Lecture (Technical session) on “Swasthavritta” in 10 days Workshop for Masters students organized by School of Health Sciences, Uttarakhand Open University at Ved Niketan Dham, Bhupatwala, Haridwar - 25th Feb. 2019
- ❑ Talks on “Marma Science” & "Marma Chikitsa" in National Workshop on Alternative Therapy (for a group of delegates from KSV, Gujrat) at Dev Sanskriti Vishwavidyalaya, Haridwar - 6th & 9th Feb. 2019
- ❑ Lectures on “Concept of Srotas & Srotodushti”, "Panchkarma Therapy- Purva, Pradhana & Paschata Karma", "Marma Science", "Marmaghata" & "Marma Therapy" in International Workshop on Ayurveda (for a group of delegates from Divine Values School, Ecuador) at Dev Sanskriti Vishwavidyalaya, Haridwar - 17th, 20th, 21st, 22nd & 23rd Jan 2019
- ❑ Talk on “Ayurveda—Origin and its importance ” in International Workshop on Yoga and Ayurveda (for a group of delegates from St. Catherine University, USA) at Dev Sanskriti Vishwavidyalaya, Haridwar - 2nd Jan 2019
- ❑ Talks on “Introduction to Panchkarma” & “Introduction to Marma” in International Workshop on Yoga (for a group of delegates from Latvia) at Dev Sanskriti Vishwavidyalaya, Haridwar - 26th Oct. & 1st Nov. 2018
- ❑ Talks on “Introduction to Ayurveda, “Introduction to Panchkarma”, “Introduction to Marma” in International Workshop on Yoga (for a group of delegates from China) at Dev Sanskriti Vishwavidyalaya, Haridwar - 5th, 8th, 9th Oct. 2018
- ❑ Talks on “Marma Science” & "Marma Therapy" in International Workshop on Ayurveda (for a group of delegates from Italy) at Dev Sanskriti Vishwavidyalaya, Haridwar - 17th & 18th Sept. 2018
- ❑ Talks in International Workshop on Yoga and Ayurveda (for a group of delegates from Argentina) on several topics of Ayurveda at Dev Sanskriti Vishwavidyalaya, Haridwar - 5th - 15th March 2018
- ❑ Talks in International Workshop on Yoga (for a group of delegates from China) on several topics of Ayurveda at Dev Sanskriti Vishwavidyalaya, Haridwar - 2nd - 18th Feb. 2018
- ❑ Talks in International Workshop on Ayurveda and Indic Sciences (for a group of delegates from Argentina) on several topics of Ayurveda at Dev Sanskriti Vishwavidyalaya, Haridwar - 14th - 28th Jan. 2018
- ❑ Talks in International Workshop on Ayurveda and Indic Sciences (for a group of delegates from Ecuador) on several topics of Ayurveda at Dev Sanskriti Vishwavidyalaya, Haridwar - 1st - 13th Jan. 2018
- ❑ Conducted Experiential sessions on "Panchkarma" and "Marma Therapy" in International Workshop of Yoga (for a group of delegates from China) - 17th Nov. - 6th Dec. 2017
- ❑ Talks in International Workshop on Yog (for a group of delegates from Yunnan Minzu University, China) at Dev Sanskriti Vishwavidyalaya, Haridwar - 17th July - 6th Aug. 2017
- ❑ Talk on “Panchkarma” in CHS training programme for Doctors (from 21st May to 27th May, 2017), Dev Sanskriti Vishwavidyalaya, Haridwar - 24th May 2017
- ❑ Talk on “Understanding Marma Therapy” in International Workshop on Yog and Indic Studies (for a group of delegates from University of Lithuania) from 20th March to 25th March 2017, Dev Sanskriti Vishwavidyalaya, Haridwar - 22nd March 2017



- ❑ Talk on “Panchkarma” in International Workshop on Yog and Indian Culture (for a group of delegates from University of Latvia, Riga) from 21st Feb. to 4th March 2017, Dev Sanskriti Vishwavidyalaya, Haridwar - 26th February 2017
- ❑ Talk on “Concept of Health according to Yoga” in a program on Yoga and Stress Management for Army officers and Jawans of Raiwala Cantt., Dehradun - 6th April 2016
- ❑ Talk on “Health Awareness” in program on Environment and Health Awareness under National Service Scheme (NSS), Red Ribbon Club - 23rd January 2016
- ❑ Talk on "Ayurvedic Principles" for the students of Mahadev Desai Samaj Sewa Mahavidyalaya, Gujrat Vidyapeeth at Dev Sanskriti Vishwavidyalaya, Haridwar - 7th January 2016
- ❑ Talk on “Marma Therapy: An Ancient Eastern Clinical Approach” in 5th International Festival of Yog, Culture & Spirituality, Dev Sanskriti Vishwavidyalaya, Haridwar - 4th October 2015
- ❑ Conducted Technical session on "Ayurveda and Marma Chikitsa" in Workshop of Yoga and Naturopathy programmes organized by School of Health Sciences, Uttarakhand Open University - 7th June 2015
- ❑ Talk on "Basic Principles of Ayurveda" for the students of Mahadev Desai Samaj Sewa Mahavidyalaya, Gujrat Vidyapeeth at Dev Sanskriti Vishwavidyalaya, Haridwar - 24th December 2014
- ❑ Talk on “Fundamentals of Swasthavritta” in International Workshop on Yog Therapy, Dev Sanskriti Vishwavidyalaya, Haridwar in joint collaboration with Centro Studi Bhaktivedanta, Italy - 23rd August 2014
- ❑ Talk on “Introduction of Ayurveda” in International Workshop on Fundamentals of Yoga and Ayurveda, Dev Sanskriti Vishwavidyalaya, Haridwar in joint collaboration with Maimonides University, Argentina - 18th & 19th February 2014
- ❑ Talk on “Introduction of Ayurveda” and "Applications of Ayurveda” in International Workshop on Fundamentals of Yoga and Ayurveda, Dev Sanskriti Vishwavidyalaya, Haridwar in joint collaboration with Centro Studi Bhaktivedanta, Italy - 5th February 2014
- ❑ Talk on “Introduction to Ayurveda and Marma Therapy” to a group from Argentina and Latvia, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 4th January 2013
- ❑ Talk on “Introduction to Ayurved and Panchkarma” and "Practical application of Ayurvedic management and Panchkarma" to a group from Italy, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 14th & 15th December 2012
- ❑ Talk on “Ayurvedic Diet” to a group from China, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 7th - 16th November 2012
- ❑ Talk on “Panchakarma” in 3rd International Festival of Yog, Culture & Spirituality, Dev Sanskriti Vishwavidyalaya, Haridwar - 2nd - 6th October 2012
- ❑ Talk on “Panchakarma” to a group from Argentina, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 11th - 16th February 2012
- ❑ Talk on “Holistic Health Management” in 2nd International Festival of Yog, Culture & Spirituality, Dev Sanskriti Vishwavidyalaya - 2nd - 6th October 2011

### **Conferences / Seminars / Workshops Attended**

- ❑ National Seminar on Bharatiya Bhashaon ki janani Sanskrit bhasha ka vaigyanika paksha aur Takaniki Shabdavali, organized by Commission for Scientific and Technical Terminology, Dept. of Higher Education, Ministry of Education, Govt. of India - 6th - 7th March 2024
- ❑ National Seminar on Vedic Wisdom, Cultural Inheritance & Contemporary Life, Dev Sanskriti Vishwavidyalaya, Haridwar (Sponsored by Indian Council of Philosophical Research, New Delhi) - 23rd – 25th February 2018
- ❑ National Conference on Recent Advances in Ayurvedic Herbal Medicine - From Source to Manufacturing, Faculty of Biomedical Sciences, Uttarakhand Ayurved University, Dehradun (Sponsored by Ministry of Ayush, Govt. of India) - 15th – 16th Sept. 2017
- ❑ International Conference on Social Transformation Through Yoga, Indian Association of Yoga, New Delhi - 25th – 26th March 2017

- ❑ International Conference on Holistic Management of Annava Srotas Vyadhi, P.G. Dpt. of Kayachikitsa, Uttarakhand Ayurved University, Rishikul Campus, Haridwar (Sponsored by Ministry of Ayush, Govt. of India) - 2nd– 3rd Sept. 2016
- ❑ International Conference on Yoga and Holistic Health, Indian Association of Yoga, New Delhi - 12th – 13th March 2016
- ❑ Workshop on Interdisciplinarity, Multidisciplinarity, Transdisciplinarity in Research, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 21st – 22nd April 2016
- ❑ International Conference on Recent Advancements in Panchkarma 2016, Dpt. of Panchkarma, Uttarakhand Ayurved University and Ministry of Ayush, Govt. of India - 5th – 6th March 2016
- ❑ Haridwar Writing Project 2015 sponsored by San Antonio Writing Project and The University of Texas - 20th–30th July 2015
- ❑ National Conference on Yoga for Wellness in Life, Indian Association of Yoga, New Delhi - 9th – 11th March 2015
- ❑ Continued Medical Education (CME) Program organized at Haridwar by Vaidyaratnam Oushadgashala Pvt. Ltd., Thrissur, Kerala - 30th November 2014
- ❑ National Seminar on Ancient and Spiritual Sciences, Center for Scientific Spirituality Studies, Dept. of Oriental Studies, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 25th–26th October 2014
- ❑ National Conference on Recent Advancements in Panchkarma 2013, Rishikul Government Ayurvedic College & Hospital, Haridwar, Uttarakhand - 18th–20th October 2013
- ❑ Research Methodology Workshop, Department of Clinical Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 10th–11th September 2013
- ❑ Faculty Development Workshop, Training Cell, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand - 18th – 19th January 2013
- ❑ 2nd International Conference on Yoga for Health and Social Transformation, The University of Patanjali and Patanjali Research Foundation, Haridwar, Uttarakhand - 7th – 10th January 2013
- ❑ 4th International Conference and Gathering of Elders on ‘Nourishing the Balance of the Universe’, Dev Sanskriti Vishwavidyalaya, Gayatrikunj-Shantikunj, Haridwar, Uttarakhand - 3rd – 7th March 2012
- ❑ National Yoga Week 2007, Morarji Desai National Institute of Yoga, New Delhi - 12th - 16th March 2007

#### **Co-curricular/ Extra-curricular activities**

- Vice-Chairman, Delegacy Committee, DSVV
- As a Internal Expert in Departmental Board of Studies
- Member, Departmental Academic Committee, DAHH
- Member, Departmental Curriculum Development Committee, DAHH

#### **Holistic Therapy Programs Conducted**

- ❑ Holistic Therapy Workshops (Monthly - 2 Hour Sessions) - Acupressure, Mudra Therapy, Naturopathy, Yog Therapy - at IIT Bombay, Powai, Mumbai - November 2009 – April 2011
- ❑ One Hour Session on “Easy Techniques for Relaxation at Workplace” at Accenture, Sakinaka, Mumbai - 10th June 2009
- ❑ Two Hour Session on “Relaxation Through Yog and Acupressure” at Olympia, Hiranandani, Powai, Mumbai (In the Training Program for Mental Health Line employees organized at Hiranandani Hospital by Cyrus & Priya Vandrevalla Foundation) - 30th July 2009
- ❑ One Hour Acupressure Session on “Relaxation and Immunity Booster Techniques” at Accenture, Vikhroli, Mumbai - 10th June 2009
- ❑ Two Hour Lecture cum Demonstration on “Alternative Therapy” at Kendriya Vidyalaya Bhandup organized by Kendriya Vidyalaya Sangathan, Zonal Institute of Education and Training, Mumbai - 26th August 2008, 11th October 2008
- ❑ “Yoga and Life Management” classes (3.5 month batches) - at IIT Bombay, Powai, Mumbai - January 2008 – April 2011

- ❑ About twenty, 3 to 5 days “Yoga and Life Management” Workshops in Mumbai in various schools and colonies (as part of Internship for PG Diploma in Human Consciousness & Yogic Therapy from DSVV, Haridwar - 15th July – 30th September 2007)

**Membership / Registration**

- ❑ Bhartiya Chikitsa Parishad, Uttarakhand Registration Number: UK5610
- ❑ Member Prakratik Chikitsa Premi Sansthan - Registration Number: 773 (Arogya Mandir, Gorakhpur, Uttar Pradesh)

(Alka Mishra)