

# Dr. Aarti Kaiwart

**Assistant Professor**

**Department of Scientific Spirituality**

**Dev Sanskriti Vishwavidyalaya,**

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## **Academic Qualification:**

- NIELIT -O Level Computer Course June 2025
- Ph.D., Clinical Psychology, Dev Sanskriti University, Haridwar -April 2017

(Thesis Title: The Effect of Spiritual Counseling on Stress & Adjustment Level of College Students)

- M. A. in Clinical Psychology, Dev Sanskriti University, Haridwar -June 2009
- B. com., Guru Ghasidas University, Bilaspur, C.G. -June 2005
- Prayag Sangeet Samity, BA. in Vocal, June 2022 (Contd...)
- Higher Secondary School, C.G. Board, Raipur -March 2002
- High School, M.P. Board Bhopal -March 2000

## **Certificates of Specialized Courses/ Programmes:**

- NEP 2020 Orientation & Sensitization programme under MMTTP organized by UGC-MMTT centre, Kumaun University, Nainital from 11-20 March 2024
- Refresher Course in Psychology, Annual Refresher Program in Teaching (ARPIT) - 2020, organized by SWAYAM from 1 December 2020 to 31 March 2021
- Refresher courses, organized by HRDC, Gujarat University, from 7 - 20 September 2020
- Orientation Program, UGC Academic Staff College (Now HRDC) Deen Dayal Upadhyay Gorakhpur University, Gorakhpur from 6 January 2018 to 2 February 2018.
- Internship Programme- Three Months Internship Programme in Jammu Tawi, 2009.
- One Year training in Psychological Clinic, Dev Sanskriti University, Haridwar from 2008-09

- One Week International Faculty Development Program (FDP) on “Ethics & Integrity in Management Practices” held from 22nd -26th July 2024 at Sushant University, Gurugram, India
- 7 days Faculty Development Program (FDP) on Computational Tools for Research & Cyber Security Awareness organized by Dev Sanskriti University from 29 January to 4 February 2022
- One week online National Faculty Development Program on “multidisciplinary skills for the faculties of higher education” organized by Veer Savarkar Government College, Obedullaganj, Raisen, MP, from 18-24 March 2021
- 12-day AICTE-sponsored Faculty Development Programme in outcome-based education in management education organized by Saintgits Institute of Management, Kottayam from 16-28 November 2020
- The Week Long Faculty Development Programme on ‘NAAC Assessment & Accreditation (A&A) for Affiliated Colleges’, organized by the Internal Quality Assurance Cell (IQAC), Vinayakrao Patil Mahavidyalaya, Vaijapur from 8 to 13 June 2020 under the U.G.C. Paramarsh Scheme.
- Interdisciplinary online National Level Faculty Development Programme “Advance in Research Methodology and Data Analysis” organized by Ch. Bansi Lal University, Bhivani, Haryana, from 14-20 May 2020
- Certificate of Participation - Pranic Psychotherapy Course from Dev Sanskriti University, Haridwar, 2009.
- Certificate of Participation - Advanced Course in Pranic Healing From Dev Sanskriti University, Haridwar, 2009.
- Certificate of Participation - Basic Course in Pranic Healing From Dev Sanskriti University, Haridwar, 2009.
- Certificate of Participation - NSS- A+, A, B, & C certificate, 2007-09
- Certificate of Participation - Tally three-month course from Nac-Mit P&T college, Janjgir C.G. with ‘A’ Grade 2005

### **Work Experience:**

- I started working as a PhD guide from January 2024, until the date.
- Worked as a guide for research papers and project works for more than 50 students.
- A Guest Faculty, Centre for Life Management Studies, Dev Sanskriti University, Haridwar from 2022 until the date
- Assistant Professor in the Department of Scientific Spirituality, D.S.V.V. Haridwar, from September 2017 until the date,
- Teaching Work in Diploma in Counseling & Psychotherapies in the Indian context D.S.V.V. Haridwar from Sep. 2016 to September 2017.
- Teaching work in graduation course, Center for Scientific Spirituality Studies from Sep. 2016 to September 2017.
- Counsellor, Centre for Alternative and Complementary Medicine, Dev Sanskriti University, Haridwar from June 2015 until the date,

- Assistant teacher, D.P. Kesharvani Higher Secondary School, Janjgir from August 2005 to April 2007, 1 year 8 months.
- Assistant teacher, D.P. Kesharvani School, Janjgir from August 2003 to September 2004, 1 year 1 month.

#### **Research Papers Published in International Peer-Reviewed Journals:**

- पंच महायज्ञ - अध्यात्मिक परामर्श की एक विधा (Panch Mahayagya – A Mode of Spiritual Counselling) Interdisciplinary Journal of Yagya Research Vol 7 Issue 2 Year 2024 eISSN:2581-4885 doi.org/10.36018/ijyr.v7i2.125
- “Foremost in the series of nation-building rituals - the Ashvamedha Mahayagya” February 2024 Dev Sanskriti Interdisciplinary International Journal, vol. 23, 28–33. <https://dsij.dsvv.ac.in/index.php/dsij/issue/archive>  
<https://doi.org/10.36018/dsij.23.339>
- “Effects of spiritual counseling on college adjustment” Research Expo International Multidisciplinary Research Journal ISSN-2250-1630, Vol.-VI, Issue- VIII Dec. 2016
- “Effect of spiritual counseling on stress level of college going students” International Journal of Indian Psychology IJIP, Vol-3 Issue-I No.-4 ISSN-2348-5396 Dec. 2015

#### **Research Papers Published in International Conferences / Seminars:**

- “Pandit Shri Ram Sharma ke sahitya evm shad-vaidik Darshan me Manas tattva” in E-Proceedings of International Conference on mental health care through Spirituality, Ayurveda & Alternative Therapies July 2022 at DSVV Haridwar, ISBN: 978-81-957862-0-6
- “मानसिक स्वास्थ्य में आहार की भूमिका” international conference on FOOD CULTURE TOURISM CONFERENCE, 23-24 April 2018 in Dev Sanskriti Vishwavidhyalaya – Conference Book Proceeding of Food Culture and Tourism of India -2018 ISBN - 978-81-933916-1-7

#### **Research Papers Published in National Conference / Seminar:**

- "The Stress Level of College Students in Value Based Education Institute and Non-Value Based Education Institute: A Comparative Study ” in E-Proceeding of an ICPR-sponsored National Seminar on Vedic Wisdom, Culture Inheritance & Contemporary Life In DSVV Haridwar 23-25 February 2018 ISBN: 978-93-86608-43-7

#### **Research Papers Presented in International Conferences/ Seminars:**

- 'Spiritual Counseling: A Comprehensive path to Holistic Mental Health' International conference on Vedic Psychology (ICVP-2025)- Ancient Wisdom, Modern mind: Vedic Psychology & contemporary Challenges organized by Divya karuna organization on April 13, 2025

- 'यज्ञ एवं नारी का महत्व - पं श्रीराम शर्मा आचार्य के साहित्य में' International conference on Yoga, Yagya, & Ayurveda for women's health organized by Shriram yog society with dept. of AYUSH, AIIMS, Rishikesh UK India on December 7-8, 2023
- "यज्ञमय जीवन - एक समग्र जीवन दर्शन (पं श्रीराम शर्मा आचार्य के परिपेक्ष्य में)" 4th international conference on Yoga, Yagya, & Ayurveda, Shriram Yog Training & Research Society, UP India, December 2022
- "मानसिक स्वास्थ्य संवर्धन की कुंजी - यज्ञीय जीवन" 4th international conference on Yoga, Yagya, & Ayurveda, Shriram Yog Training & Research Society, UP India, December 2022
- "मानसिक स्वास्थ्य में आहार की भूमिका" international conference on Food, Culture & Tourism at DSVV, Haridwar 23-24 April 2018.
- "Indian techniques for the management of stress" International conference on yoga & holistic health at Haridwar March 2016

#### **Research Papers Presented at National Conferences / Seminars:**

- "Lifelong Learning and Psychological Wellbeing through the lens of Sanskara Parampara" in an ICPR-sponsored National Seminar on Lifelong Learning for a Sustainable Future: A Psychological, Economic, and Linguistic Exploration organized by Quantum University Roorkee & Dev Sanskriti Vishwavidyala, Haridwar 2-3 May 2025
- "The Relevance of the Deep Yagya Tradition propagated by Pandit Shriram Sharma Acharya in Environmental Awareness and Dissemination" in an ICPR-sponsored National Seminar on Lifelong Learning for a Sustainable Future: A Psychological, Economic, and Linguistic Exploration organized by Quantum University Roorkee & Dev Sanskriti Vishwavidyala, Haridwar 2-3 May 2025
- "पञ्च महायज्ञ – अध्यात्मिक परामर्श की एक विधा" All India Sanskrit Conference on Indian Knowledge System in the light of NEP-2020 organized by Central Sanskrit University, Devprayag 15-17 November 2024
- यज्ञीय जीवन की अवधारणा (Yagyiya Jivan ki Avdharana), National Youth Conference on Indian Knowledge Systems 2023, organized at Indian Institute of Technology Roorkee, August 25 to 27, 2023.
- "Comparative study of Stress among Value based educational Institutes" in an ICPR-sponsored National Seminar on Vedic Wisdom Culture Inheritance & Contemporary Life In DSVV Haridwar 23-25 February 2018
- Spiritual Counseling : indian technique for stress management, National Seminar on Positive Psychology: Recent Trends & Future Implications Gwalior M.P. March 2018
- "श्रीमद्भागवद गीता एवं पातंजल योग दर्शन में तनाव प्रबंधन" राष्ट्रीय संगोष्ठी मार्च 2016
- "A comparative study of stress among slum area & normal area girls" National Seminar on Mental health & current scenario March 2009 Dept. of Psychology, Gurukul kangri Haridwar.

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

- International Conference on Yog, Human Consciousness & Artificial Intelligence: In special Reference to Global Peace & Well-being jointly organized by IUCYS,

Bengaluru & dept. of Yogic science Gurukul Kangri University, Haridwar held on 21-22 october 2024.

- वैज्ञानिक एवं तकनीकी शब्दावली आयोग, भारत सरकार के तत्वाधान में देव संस्कृति विश्वविद्यालय, हरिद्वार द्वारा आयोजित दो दिवसीय राष्ट्रीय सम्मलेन “भारतीय भाषाओं की जननी संस्कृत भाषा का वैज्ञानिक पक्ष और तकनीकी शब्दावली” 6-7 मार्च 2024.
- International Conference on Veda, Vijnana, & Sanskriti Mahakumbh organized by Gurukula Kangari (DU), Haridwar held on 23-25 December 2023
- 2 Days Online International Conference on “Humanizing the World through Global Citizenship Education” organized by Dev Sanskriti Vishwavidyalaya (DSVV), Haridwar, Uttarakhand, India Held on 18-19 December 2023
- International Yoga Summit 2023 of Indian Yoga Association held on November 17-19, 2023 at Dev Sanskriti Vishwavidyalaya, Haridwar
- Two-day webinar on "National Education Policy – 2020 (NEP 2020)" Importance of Environmental Education for Teachers organized by Dept. of Education, Dev Sanskriti Vishwavidyalaya, Haridwar from 15-16 October 2020.
- Webinar on “Ayurvedic Management for COVID-19” organized by Noble Ayurved College & Research Institute, Junagadh, on 26 August 2020.
- National E-Workshop on “Technological Tools and their Management in Online Teaching” organized by Mahatma Jyotiba Phule Rohilkhand University, Bareilly (UP), on August 14-21, 2020
- National Webinar on “INDIAN PSYCHOLOGY” organized by Lakulish Yoga University, Ahmedabad, on 26 July 2020
- APSPA International Webinar on “Helping Children at Home: level 1” organized by The Asia Pacific School Psychology Association, Malaysia in collaboration with Indian School Psychology Association, on 2-3 July 2020
- National Webinar on “Counseling: A Bhagavad Gita Perspective” organized by Central University of Haryana on 24 June 2020
- National Webinar on “Career Opportunities in Psychology in the Age of COVID-19” organized by University of Lucknow on 16-17 June 2020
- International Webinar on “Health Challenges During Covid -19 Pandemic and Lockdown Period and their Yogic Solution” organized by Mahapurush Srimanta Sankaradeva Vishwavidyalaya, Guwahati, on 9 June 2020
- National Webinar on “Effects of Fear among the Organization” organized by Gurukul Kangri Vishwavidyalaya, Haridwar on 9 June 2020
- 7 Days International Webinar on “Role of Alternative & Complimentary Therapies to Combat Covid -19: an Integrative Approach” organized by Mahatma Gandhi Kashi Vidyapith, Varanasi, on 27 April- 3 May 2020
- Fundamentals of Modern Psychotherapeutic Approach workshop, 11-12 Oct. 2016
- Workshop on interdisciplinary, multidisciplinary, trans-disciplinary in research, 21-22 April 2016.
- Workshop on Cognitive Drill Therapy (C.D.T.) 1-3 April 2016.
- Workshop on Power of motivation & self-image 27 March 2016.
- Workshop on T.A.T. & Psychotherapy 26-28Sep. 2015.
- National Workshop on Research Methodology.

**As a Research Supervisor:**

- Completed: 0

- Ongoing: 1 ("Effect of Gayatri Sadhana and CBT in the Management of Mental Health and Family Pathology among Adult Females by Sharma Charu Mukeshwar Registration No. P251/451/23 Reg. Date- 6 January 2024")

#### **As a Project Guide:**

- Supervised more than 50 students in research papers writing and project works.

#### **Teaching Experience:**

1. Mental Health Care Based on Indian Knowledge Systems (Ayurveda, Yoga, Spirituality, and other areas of Indian Knowledge Systems)
2. Scientific Spirituality in Health Conservation
3. Scientific Spirituality in Personality Refinement
4. Scientific Spirituality at work place
5. Scientific Spirituality in Life Management
6. Spiritual Psychology
7. Holistic Health in Pandit Shree Ram Sharma Acharya Vangmay
8. Organizational Behaviour and Scientific Spirituality
9. Spiritual Science of Srimad Bhagwad Gita
10. Fundamentals of Counselling & Psychotherapies – I
11. Fundamentals of Counselling & Psychotherapies – II
12. Core and Context of Counselling & Psychotherapies
13. Applied Aspects of Mental Health Care
14. Techniques of Mental Health Care in The Indian Context
15. Fundamentals of Guidance and Counselling
16. Approaches to Counselling and Guidance
17. Psychology Practical-2
18. Basics of Counselling
19. Basics of Holistic Mental Health Care
20. Holistic Mental Health Care at Workplace
21. Holistic Mental Health Care at Educational Institutions
22. Applications of Spiritual Psychology
23. Health Psychology
24. Theories of Personality

#### **Online Courses Taught:**

1. Stress Management
2. Spiritual Life
3. Spiritual Psychology
4. Art of Creative Living

#### **Invited Talks and Expert Participation:**

- Delivered an expert lecture, "Family Relationship- A Master Key for Mental Health' at SampoonMe NGO's Live Program conducted on 18 Dec 2021

- A Guest Lecturer, Centre for Life Management Studies, Dev Sanskriti University, Haridwar
- The joint Secretary, International Conference on Mental Health Care through Spirituality, Ayurveda and Alternative Therapies at Dev Sanskriti University, 9–11 July 2022, Haridwar
- An Executive Committee Member in a ICPR Sponsored National Seminar on Vedic Wisdom, Cultural Inheritance, and Contemporary Life, 23–25 February 2018 at Dev Sanskriti University, Haridwar
- A Counsellor, Centre for Alternative and Complementary Medicine (CAM), Dev Sanskriti University, Haridwar. The job profile includes services related to Indigenous counseling and psychotherapies
- A Counsellor, Divine Initiative for Student Help and Advancement (DIYA), Dev Sanskriti University, Haridwar. Job profile includes various services like counselling, etc. for the regular students of Dev Sanskriti University
- An Internal Member, Board of Studies (BOS) for a weekend course titled "PG Diploma in Counselling and Holistic Mental Health Care" The Job profile includes Curriculum Development of all course papers.
- An Internal Member, Board of Studies (BOS) of various programs like Minor Programme in Holistic Mental Health Care, Post Graduate Diploma Programme in Scientific Spirituality, Indian Knowledge Systems, etc.
- An Internal Member, Board of Studies (BOS) for Generic Elective papers titled (1) Organisational Behaviour and Scientific Spirituality (GE for PG Courses), (2) Spiritual Psychology (GE for UG courses), (3) Spiritual Science of Srimad Bhagwad Gita (GE for UG courses), job profile includes the curriculum development of all three papers
- An Internal Member of the board of studies (BOS) for a new distance course titled "MSc in Guidance, Counselling and Indian Psychotherapies" The Job profile includes Curriculum Development of all course papers
- An Internal member of the board of studies (BOS) for a new evening course titled "Diploma in Counselling and Psychotherapies in the Indian Context" The Job profile includes Curriculum Development of all course papers
- An Internal member of the board of studies (BOS) for a unique subject "Scientific Spirituality". Job profile includes Curriculum Development of new subjects like Spiritual Psychology and Spirituality in Management
- An Organizing member, A seven-day workshop on Research Paper Writing, July 3 to July 9, 2021
- An Organizing member, One-day 'National Webinar on Philosophy-Vasudhaiva Kutumbakam' was organised on 31 March 2021
- An Organizing member, Online International Webinar on the 'Integration of Eastern & Western Approaches to Mental Health Care, 5 July 2020

- An Organizing member, of a workshop on ‘Alternative Therapies and Indian Psychology’ for the students of the College of Nursing, Kadi Vishwavidyalaya, Gandhinagar, from February 23 to February 28, 2020, at Dev Sanskriti Vishwavidyalaya, Haridwar
- The Joint Secretary of the Organising Committee, Workshop on Western Psychotherapeutic Approaches, from September 8–9, 2018, Dev Sanskriti University, Haridwar
- The joint Secretary of the Organising Committee, Workshop on Holistic Mental Health Education, from 21-29 September 2017, Dev Sanskriti University, Haridwar

### **Co-curricular activities**

- Yoga instructor on “yoga for women” at Shubangan Mandir Trust SwaranVihar Jammu -June 2009
- Psychological Counsellor in the Center of Complementary & Alternative Medicine (CAM) in D.S.V.V. Haridwar Year 2015 until the present"
- Therapist at yoga & alternative therapy camp Haridwar -18-25 Dec. 2016.
- Therapist at yoga & alternative therapy camp in Haridwar -22-30 June 2017.
- NSS-A+, A, B, C Certificate
- Participation in Extracurricular activities: Debate, Drama Competitions, singing, dancing, ball badminton state-level competitions, etc.

### **Extra-curricular activities:**

- As a Head of Cultural Cell, July 2009- October 2011
- As a Coordinator of the Cultural Department, from July 2015 until the present
- Toli - Kishor evm Kanya Kaushal Prashikshan Shivir, Jalore, Rajasthan-April 2024
- Toli - 24 Kundiya Gayatri Mahayagya, Bhagalpur, Bihar 12-15 February 2023
- Toli – 24 Kundiya Gayatri Mahayagya, Rosada, Samstipur, Bihar 7-10 February 2023
- Toli – 24 Kundiya Gayatri Mahayagya, Ramnagar, Pashchim Ch amparan, Bihar 2-5 February 2023
- Toli – 24 Kundiya Gayatri Mahayagya, Jaunpur, Up January 2023
- Toli – 24 Kundiya Gayatri Mahayagya, Nazibabad (Shefali Jiji Karykram) September, 2022

### **Membership / Registration:**

1. Member of the New Student Selection Committee of DSVV
2. Internal Expert in Departmental Board of Studies
3. Member, Departmental Academic Committee
4. Member, Departmental Curriculum Development Committee
5. Member, Vandaniya Mataji Intergenerational Center