

RESUME

Smt. Mamta Pant

Permanent Address:

W/O Shri Hem Pant

S.K. Puram, Harinagar, Kusumkhera, Haldwani (Nainital)

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Objective: Dream to work in an environment that fosters learning and rewards performance.

My aim is to do hard, honest, satisfactory and faithful work.

Academic Qualifications:

S. No.	Name of Exam	Board/Uni.	Year	Marks Obt./ Out of.	Percentage	Division
1	High school	U.P. Board. Allahabad	1988	302/600	50	IInd
2	Intermediate	U.P. Board. Allahabad	1991	253/500	50	IInd
3	Graduation (B.A.)	Kumaun Uni. Nainital	1994	628/1300	48	IInd
4	Post Grad. (M.A.) Hindi Lit.	Kumaun Uni. Nainital	1996	497/1000	50	IInd
5	B.Lib.	R.T. Open Uni. Allahabad	2002	437/900	48	IInd
6	M.Lib	R.T. Open Uni. Allahabad	2006	459/800	57	IInd
7	Cert. in Yoga	Kumaun Uni. Nainital	2007	301/500	60	Ist
8	P.G. Dip. in Yoga	Kumaun Uni. Nainital	2008	362/600	60	Ist
9	M.A. (YOGA)	Kumaun Uni. Nainital	2010	1041/1600	65	Ist
10	Cert. in Nat.	U.O.U. Haldwani	2012	255/300	85	Ist
11	NET Qualified (Yoga)	U.G.C	2018	190/300	63.33	-

Additional Qualifications:

(1) NET Qualified in 2018 in Yoga.

(2) Diploma in Naturopathy and Diploma in Yoga (N.D.D.Y.), a three year correspondence diploma course from Gandhi National Academy of Naturopathy, New Delhi in the year 2013.

(3) Participated eight days Yoga and Naturopathy, Camp organized by Prakhar Yoga Sewa Samiti Haldwani in 2007.

(4) Participated eight days Yoga Camp organized by U.O.U. Haldwani in 2011.

Seminar, Conference & Championship Attend/Paper Present:

S. No.	seminar /Championship Topic	Organized By	Year	Attend/ Paper Present
1	Experience of Democracy in India	Govt. M.B.P.G. College, Haldwani.	Sept. 2006	Attend.
2	Yoga, Mental Health and Society	Govt. M.B.P.G. College, Haldwani.	May 2009	Attend.
3	Harmony in Indian Public Life	Govt. M.B.P.G. College, Haldwani.	Feb. 2010	Attend.
4	Relevance of Yoga in the Present Context	Govt. M.B.P.G. College, Haldwani.	March 2010	Paper Present

Publications:

- (1) On Ref. Letter 545, Date 18.10.2012 From Registrar U.O.U. Haldwani. Write **Four** units for B.A. Yoga and Naturopathy Course.
- (2) On Ref. Letter 546, Date 18.10.2012 From Registrar U.O.U. Haldwani. Write **Six** units for B.A. Yoga and Naturopathy Course.
- (3) On Ref. Letter 2012/4416, Date 26.02.2013 From Registrar U.O.U. Haldwani. Write **Three** units for M.A. Yoga.
- (4) On Ref. Letter 2014/01/120/1651, Date 23.04.2014 From Program Organizer (Yoga) U.O.U. Haldwani, Write **Five** units for B.Y.N. Course. (Under Process)
- (5) On Ref. Letter 2014/01/102, Date 23.04.2014 From Program Organizer (Yoga) U.O.U. Haldwani, Write **Three** units for B.Y.N. Course. (Under Process)
- (6) On Ref. Letter 2014/01/105, Date 23.04.2014 From Program Organizer (Yoga) U.O.U. Haldwani, Write **Three** units for B.Y.N. Course. (Under Process)
- (7) On Ref. Letter 2014/01/109, Date 23.04.2014 From Program Organizer (Yoga) U.O.U. Haldwani, Write **Four** units for B.Y.N. Course. (Under Process)

Hobbies: Reading spiritual texts, Teaching and Listening and singing Bhajans etc.

Strengths:

High communication skills, Positive Attitude, Punctuality, Creativity, Confidence, Team Work, Leadership qualities and work with devotion.

Personal Details:

Name : Mamta Pant
Father's Name : Shri. P.D. Tewari
Date of Birth : 19 Oct, 1973
Gender : Female
Marital Status : Married
Nationality : Indian

Declaration:

I hereby declare that the information given are true and correct to the best of my knowledge and belief.

Date:

(Mamta Pant)