

Curriculum Vitae

Dr. Rishika Verma

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Current Position:

Working as Assistant Professor, Department of Philosophy, School of Humanities and Social Sciences in Hemvati Nandan Bahuguna Garhwal University, Srinagar Garhwal, Uttarakhand – 246174 (A Central University)

Personal Information:

Date of Birth	6th May 1985
Languages Known	Hindi, English, Bhojpuri, Sanskrit, Russian and Bengali
Nationality	Indian
Sex	Female
Father's Name	Mr. Lakshman Prasad Verma
Marital Status	Married
Husband's Name	Mr. Sanjay Kumar
E-Mail Id	Rishika.verma75@gmail.com
Correspondence Address	Chaudhary Nivas, Ashish Vihar, 133 kva line, near Hydel Coloney, Srinagar, discript Paudi, Garhwal-246174, Uttarakhand
Permanent Address	9009 9 th Floor, B block, 14 th Avenue, Gaur city-2 Gautam Buddha Nagar, Greater Noida West, Uttar Pradesh-201310
State of Domicile	Uttar Pradesh

Educational Background

Serial No,	Name of Degree	Board/ University	Subjects	Name of School/ College	Year	Division	Marks	Overall %
1.	High School	U.P. Board	Hindi, English, Drawing, Science, Social Science, Home Science	Bipin Bihari Chakaravarti Kanya Inter Collee, Ramapura Varanasi	2001	Second	352/600	58.6
2.	Intermediate	U.P. Board	Hindi, English, Civics, Psychology, Home Science	Guru Nanak Khalsa Balika Inter College, Varanasi	2003	First	339/500	67.8
3.	B.A.(Hons.)	Banaras Hindu University	Education, AIHC & Archaeology	Mahila Mahavidhyalaya, Banaras Hindu University, Varanasi-221005	2006	First	1257/1800	69.83
4.	M.A.	Banaras Hindu University	Philosophy	Department of Philosophy & Religion, Arts Faculty, Banaras Hindu University, Varanasi-221005	2008	First	8.5/10	85

Awarded Ph.d : Philosophy in 2016 from Department of Philosophy & Religion, Arts Faculty, Banaras Hindu University, Varanasi-221005

Entitled- “ Samkhyadarshan Avam Shankarvedant ke Tattvamimansiya Siddhanton ka Tulanatmak Adhyayan”

Qualified Net/JRF

1. Net/JRF in Philosophy, 2008

2. Net in Jain, Bauddh, Gandhi and Peach Studies. 2015

3. Net in Comparative Studies of Religion, 2016

Specialization

Indian Philosophy, Philosophy of Religion, Yoga, Ethics

Fellowship Awarded

1. Junior Research Fellowship

Awarded by University Grants Commission, New Delhi in 2008

For 5 years.

2. Post Doctoral Fellowship (Dr. S Radhakrishnan Fellowship in School of Humanities and Social Sciences)

Awarded by University Grants Commission New Delhi in June 2017 for 3 years (2017-2020)

Professional Qualifications

- One year diploma in computer from Apt Computer Centre in 2005.
- Diploma in Hindi & English Typewriting from Bengal Typewriting Institute, in 2003.
- Two year diploma in Tamil language from B.H.U., in 2005.
- Two year diploma in Russian language from B.H.U., in 2011
- Diploma in Yoga from Malaviya Bhavan, BHU in 2011.
- Two year diploma in Sanskrit language in 2012 from B.H.U.
- Certificate Course in Bengali from B.H.U. in 2014
- One Month Certificate course in Yoga in 2021.

Extra Curricular Activities

- N.C.C., 'C' Certificate.
- N.S.S.
- Guiding
- Martial Art

Teaching Experience

- Three years Teaching Experience in Philosophy of Religion, from 2010-2012, arts Faculty, B.H.U.
- Two Years Teaching Experience of Teaching Yoga in Arya Mahila P.G. College, Chetganj, Varanasi, 2011 to 2013.
- Invited to Teach Yoga in Yuva Shivar Organized By Shree Aravind Society, Varanasi, 24 February 2013.
- Experience of teaching in Philosophy of Religion in Mahila Mahavidyalay, Banaras Hindu University, Varanasi.
- 3 year experience of Post doctoral fellowship from Department of Philosophy and Religion, Arts Faculty, Banaras Hindu University, Varanasi.

Membership: -

1. Permanent membership in Akhil Bharatiya darshan Parishad.
2. Temporary membership in Adhyatm Sadhana Kendra, New delhi.
3. Permanent membership in Bharatiya Mahila Darshanik Parishad
4. Permanent membership in Paramita, A Quarterly Journal, VNS.
5. Permanent membership in Unmilan: Masik Hindi swaraj ka Vaicharik darshanik patrika, Rajasthan.

6. Council Member of Women's Indian Chamber of Commerce and Industry since 2021

Extra Academic Activities:

Publications:-

1. Rishika Verma, "Sankalp ki swatantrata ki samasya-Aatmswatantraya ka sampratyay", '**Sambhvy**', Research Journal of Indian Cultural, Social & Educational Stream, ISSN No. 09769358, Vol. 1, No. 1, Varanasi.
2. Rishika Verma, "**Mahamana Madan Mohan Malaviyaji ka jivan-darshan vibhinna vidhvano ki drishti me**", PRAJNA, BHU, ISSN No. 05549884, Vol. 56, No. 02, in 2010.
3. Rishika Verma, "**Naitikata aur vartaman samaj**", Drishti. B.H.U. Magazine, ISSN No. 22502467, Vol.1, 2010
4. Rishika Verma, "**Mahatma Gandhi ka jivan-darshan aur Vartaman samaj me usaki upadeyata**", Parisheelan, A Research Journal, ISSN No. 09747222, Vol. 4, No. 4, 2010.
5. Rishika Verma, "**Ved avam Upanishado me samkhyadarshan ka Aitihisik Sarvekshan**", Shodh Drishti, A Research Journal, ISSN NO. 0976-6650, 2010 Vol. 2.
6. Rishika Verma, "**Kashmir Shaivagam me Spand-siddhant ka darshanik sarvekshan**" Paramita, A Research Journal, ISSN No. 0974-6129, 2010 Vol.VI
7. Rishika Verma, "**Samkhyadarshan ke karanata-siddhant ka Samikshatmak adhyayan**", "Darshanik Traimasik, a Research Journal of Akhil Bharatiya Darshan Parishad, ISSN No. 0974-8849, Vol. 4 in 2011.
8. Rishika Verma, "Shankar Vedanta me Chaitanya ki avadharana", ANUSHILAN, Research Journal of Indian Cultural, Social & Educational Stream, ISSN No. 0973-8762, 2012 Vol.XL
9. Rishika Verma, Pranayam ka swarup avam usaki Upadeyata, 'Aakalan', ISSN No, 0976-1616, Vol 2, sep-feb 2012.
10. Rishika Verma, Sant Ravidas ki drishti me Paramsat ki avadharana, Sambhvy, Research Journal of Indian Cultural, Social & Educational Stream, ISSN No. 09769358, 2011 Vo2.
11. Rishika Verma, Mahamana Malaviya ji ki drishti me Mulya ke rup me dharm ka mahatva, "DRISHTI" An International Research Referred Journal Related to Higher Education, ISSN No. 22502467, Volume 3, 2012, from BHU.
12. Rishika Verma, Karm-Siddhant : Hamare vartaman ka Bhut ava bhavishya se sambandh, **PARIPREKSYA**, a Research Journal of New thought in Vol. 6 in 2013 in Department of Philosophy, J.N. College, Ranchi University, Ranchi, Jharkhand, ISSN No. 2278-0602.
13. Rishika Verma, '**The Benefits of Yoga**', Sarjana a Magazine of Arya Mahila P.G. College, Chetganj Varanasi, in 2013, ISBN No. 978-93-81564-10-3.
14. Rishika Verma, "**panchmahavrato ki samasamayik upadeyata**" Paramita, A Research Journal, ISSN No. 0974-6129, 2013, Vol.III.

15. Rishika Verma, “**Jaindharm me samadhimaran ki avadharana avam usaki upadeyata**”, PSSH: An International Multidisciplinary Refereed Research Journal, ISSN No. 2322-0317, December 2013, Vol.2
16. Dr. Rishika Verma, ‘**Difference between Bhamati and Vivaran Prasthan**’ in ‘Annuals of Multidisciplinary Research, A Quarterly International Refereed Research Journal’, ISSN No. 22498893, Volume VIII, Issue 2, March 2018, Allahabad, Impact factor 3.03, UGC list no. 48728
17. Dr. Rishika Verma “**Adwaitvedant ka Aitihisik sarvekshan**”, ‘Vaichariki’ A Multidisciplinary Refereed International Research Journal, ISSN No. 22498907, Vol VIII, Issue 2, March 2018, Muzaffarpur, Bihar, Impact factor 3.19, UGC list no. 47299
18. Dr. Rishika Verma, “Bhamati avam Vivaran Prasthan ka tulanatmak Adhyayan” ‘JIGYASA’ A Interdisciplinary Refereed Research Journal, ISSN No. 09747648, Vol XI, September 2018, Impact factor 4.17, UGC list No. 40957
19. Dr. Rishika Verma “**Shankarottar advaitavedant me Avidhya ka swarup**”, ‘MANAVIKI’ A International Journal of Humanities and Social Sciences, ISSN No. 09757880, Vol XI, No. I, Issue, II June 2018, Impact Factor 3.097, UGC Journal No. 42515.
20. Dr. Rishika Verma ‘**Covid-19 and Mental Health**’, Vaishvik Mahamari ‘corona’ aur manaviya sangharsh, 2021, ISBN No. 9789390143795, peer reviewed
21. Dr. Rishika Verma ‘**New education policy and Higher education**’ Recent Education & Psychological Researches, International refereed & Blind Peer-Reviewed Research Journal, ISSN No. 2278-5949, Peer reviewed.
22. Dr. Rishika Verma, ‘The Concept of Prama and Prama in Jain Philosophy’, Journal of the Asiatic Society of Mumbai, ISSN no. 09720766, Vol, 97, No. 7, July 2023. A UGC Care listed Journal.
23. Dr. Rishika Verma, “Shankarvedant ke anusar Aatma ke Swarup ka Gyan”, VIDYAWARTA, Peer reviewed International Multilingual Research Journal, ISSN no. 23199318, Issue-2, Vol-1, October to December 2023,
24. Dr. Rishika Verma, “OBE and the Various Dementions of Personality Developments” in Outcome Based Education in NEP 2020, A step towards integrating the ancient and the modern. Pustak Bharati, Toranto Canada, ISBN, 978-1-989416921, 2023.
25. Dr. Rishika Verma, Mahatma Gandhi ke vichar me Sarva Dharma Sambhav, in International monthly Journal “Nirdaliya” New delhi, editor, Kailash Aadami.

Book Published:

1. Rishika Verma, **Yoga ke Vibhinna Aayam**, ISBN No. 9789390396849. Bluerose Publishers, Year 2020.
2. **Dr. Rishika Verma, Samkhyadarshan avam Shankarvedant ka tulanatmak Adhyayan**, ISBN No. 9789359893945, Bluerose Publishers, Year 2024.

Presented Papers:-

- 1st Paper Presented entitled **“Samkhyadarshan me Prakriti ka swarup”** in the 11th Orientation Course in Women’s Studies Organized by Centre for Women’s Studies & Development, Faculty of Social Sciences, Banaras Hindu University, Varanasi dated 8-23 March 2010
2. Paper Presented entitled **“Bharatiya Dharm avam Darshan me Paryavaran ki avadharana”** in National Seminar On ‘The Concept of Environment in Indian Philosophy and Religion’ dated 27-28 March 2010.
3. Paper Presented entitled **“Ajativad ka sankshipt parichay”** in National Seminar On dated 26-27 February 2010, Sponsored by University Grand Commission and Organized by Mahatma Gandhi Kashi Vidhyapeeth, Varanasi.
4. Paper Presented entitled **“Samkhyadarshan ke karanata-siddhant ka samikshatmak adhyayan”** in 55th Conference of Akhil Bhartiya Darshan Parishad organized by Baba Saheb Bhimrav Ambedkar Bihar University muzaffarpur dated 17-19 December 2010.
5. Paper Presented entitled **“Mahatma Gandhi ka Jivan-darshan aur vartam samaj me usaki upadeyata”** in National Seminar dated 24-25 September 2010 Organized by Suruchi Kala Samiti, and Department of Philosophy & Religion, BHU., Varanasi.
6. Paper Presented entitled **“Vartaman samaj ke priprekshya me mahamana malaviyaji ke shekshik vichar”** in Seminar On “Higher Education and Sustainable Development: Emerging Challenges and Mahamana’s Vision’ dated 24-25 December 2010 Organized by Alumni Cell, BHU.
7. Paper Presented entitled **“Sant Ravidas ki drishti me paramsat ki avadharana”** in International Seminar On ‘Sant Ravidas : Manavata ke sa jag prahari’ dated 17-18 February 2011 held at BHU, Varanasi.
8. Paper Presented entitled **“Kashmir Shaivagam me shiv avam shrusti ka darshanik vivechan”** in International Seminar On ‘Agamshastra’ dated 27-28 March 2011 held at BHU, Varanasi.
9. Paper Presented entitled **“Mahamana Malaviyaji ki drishti me Sanatan dharm”** in National Seminar On ‘ Mahamana’s Vision and Challenges of the Millennium Development Goals’ dated 1-2 March 2011 held at MMV, BHU, Varanasi.
10. Paper Presented entitled **“Sant kabir ke vaani ki aadhunik yug me prasangikata”** in International Seminar dated 18 March 2011. Sponsored by Kabir Chauramath Mulgadi, Varanasi and Kabir Pratishthan Bharat, New Delhi, held at Kabir Chauramath Mulgadi, Varanasi.
11. Paper Presented entitled **“Feminist Methodology”** in Symposium On ‘Feminist Methodology’ dated 29-30 November 2011 held at BHU, Varanasi.
12. Paper Presented entitled **“Geeta me ‘Stithpragya’ sarvochcha naitik aadarsh ke rup me”** in 30th National Conference of DARSHAN PARISHAD dated 5-6 November 2011 held at Lucknow University, Lucknow

13. Paper Presented entitled “**Vartaman samaj me suchana ka adhikar avam Stri-shiksha ki chunautiyan**” in National Seminar, dated 19 November 2011 held at BHU, Varanasi.
14. Paper Presented entitled “**Samkhyadarshan avam Shankarvedant me Prakriti avam Maya ke rup me stri vichar**” in the 12th Orientation Course in Women’s Studies Organised by Centre for Women’s Studies & Development, Faculty of Social Sciences, Banaras Hindu University, Varanasi dated 25-13 November 2011.
15. Paper Presented entitled “**Shaiv-siddhant me adwaitvad (Shiv) ki avadharana**” in World Conference on Nigamagama Scriptures’ dated 27,28 & 29 November 2011 held at BHU, Varanasi.
16. Paper Presented entitled “**Maharshi Vedvyas virachit Brahmsutra ka samikshatmak adhyayan**” in National Seminar dated 1-2 December, 2011 Organized by Sakhi, Premchand Sahitya Sanssthan, Varanasi& Hindi Department held at BHU, Varanasi.
17. Paper Presented entitled “**Jain dharm me Paryavan ka vichar**” in National Conference On ‘Controlling Environmental Pollution through Water Conversation for Sustainable Development’ dated 26-27 November 2011, Organized by Mahima Research Foundation and Social Welfare, 194, karaundi, held at Department of Philosophy & Religion, BHU., Varanasi.
18. Paper Presented entitled “**Samkhyadarshan me kaivalya ki avadhanrana**” in 56th Conference of Akhil Bhartiya Darshan Parishad organized by Somnath Sanskrit University, Somnath dated 5-7 February 2012.
19. Paper Presented entitled “**Bauddhadarshan ke kshinikvad ka vartaman priprekshya me prasangikata**” in the International Seminar on “Relevance of Shramana Tradition in 21st Century” organized by Parshwanath Vidyapeeth, I.T.I. Road, Karaundi, Varanasi-221005. dated 24-25 February 2012
20. Paper Presented entitled “**Shankarvedant me chaitanya ki avadharana**” in the International Series on “Philosophy & Religion, Organized by Deptt. Of Philosophy & Religion, Arts Faculty, B.H.U Varanasi-221005. dated 22-8 April 2012
21. Paper Presented entitled “**mahamana Madan Mohan Malaviyaji ki drishti me dharm ka swarup avam vartaman samay me uski prasangikata**” in the International Seminar on “Malaviya’s thought: Relevant Today and Tomorrow, Organized by , Mahamana malaviya Mission (B.H.U Unit) Varanasi-221005. Dated 8-9 April 2012.
22. Paper Presented entitled “**Ved avam upanishdo me Maya ka swarup**” in the National Seminar on ‘Socio-Economic changes in India: A Historical and Cultural Perspective (vedic to Modern times)’, Organized by, National Research Institute of Human Culture Varanasi, Dated 11-13 May 2012
23. Paper Presented entitled “**Shankarvedant me jivanmukti ka sampratya**” in the International Seminar on ‘Values Embedded in Indian Philosophy, Sponsored by I.C.P.R. New Delhi, Organized by Department of Philosophy and Religion, Varanasi and the Council for Research in Value and Philosophy, Washington DC, Dated 10-12 January 2013
24. Paper Presented entitled “**Kashmir Shaivdarshan ke anusar Shrishti ki vyakhya**” in the National Seminar on “Contribution of Abhinavagupta, the Philosopher of Kashmir to overall Growth and Development of Indian thought”, Sponsored by ICCR, New Delhi, Organized by Department of Philosophy and Religion, BHU Varanasi, Dated 26-28 December 2012.

25. Paper Presented entitled “**Aacharya Shankar krit shruti, Smriti avam tark dwara pradhankaranvad ka khandan**” in 58th Conference of Akhil Bhartiya Darshan Parishad organized by Mohanlal Sukhadiya University, Udaypur dated 18-20 October 2013.
26. Paper Presented entitled “**Vartaman samay me dharm ka mahatva**” in National Seminar organized by Akhil Bharatiya Dharm Sanskriti Sangam Kashi and Sampurnanand Sanskrit University, Varanasi, 1 March 2014.
27. Paper Presented entitled “**Samkhyadarshan me Praman mimansa**” in International Seminar on Epistemology organized by Department of Dharmagama, SVDV, BHU, Varanasi dated 7-9 March 2014.
28. Paper Presented entitled “**Different Aspects of Yoga**” in National Seminar On ‘Yoga ka shastriya avam vyavaharik mahatva’ organized by Vaidik Vibhag dated 11-13 March 2014.
29. Paper Presented entitled “**Shankarvedant me Aachar-mimansa ka mahatva**” in Four day Silver Jubilee Celebration held at Varanasi from 17th to 20th November 2014.
30. Paper Presented entitled “**Shankaracharya ka akatma-manavdarshan**” in International Seminar held at BHU from 2-3 May 2015.
31. Paper Presented entitled “**Vedopanishad me paryavaran ki avadharana**” in International Seminar held at Sampurnanand Sanskrit Vishvavidhyalay, Varanasi from 22 December 2014.
32. Paper Presented entitled ‘The Historical Survey of Jain Scriptures’ in three days National Seminar held at Parshwanath Vidhyapeeth, Varanasi from 9-11 March 2018.
33. Paper Presented entitled “**Hindu dharm me sarvadharm samabhav ki avadharana**” in International Seminar held at Dharmshastra Mimamsa Vibhag, SVDV, Varanasi from 16-17 March 2018.
34. Paper Presented entitled “**Bharatiya darshan me Yagya ki avadharana**” in International Seminar held at , Urdu Department, BHU, Varanasi from 25-27 February 2019.

ATTENDED SEMINAR:-

1. All India Seminar on “Relevance of Religion in Contemporary age” dated 24-26 February 2008
2. National Seminar on “Role of Shadchakra in Chronic Diseases” Dated 21-22 November 2009
3. National Conference on “Women Entrepreneurship in India” dated 22-23 October 2010
4. National Seminar On “The Text and its Interpretation: Indian Philosophical Context dated 11-13 January 2011.
5. International Indo-Swedish Seminar On “Practice-Based Knowledge in the 21st Century” dated 14-16 November 2011 Organized By Department of Philosophy & Religion, BHU., Varanasi.

6. National Seminar On “Values Embedded in Indian Culture and Their Relevance in Present Society dated 30 November 2011, Sponsored By Indian Council of Philosophical Research, New Delhi Organized by Department of Philosophy & Religion, BHU., Varanasi.
7. National Conference on ‘Integrated Farming Systems for Sustainable Agriculture in Global Market: Challenges and Opportunities’ dated 22-23 December, 2012 Organized by Mahima Research Foundation & Social Welfare 194, Karaundi, BHU, Varanasi.
8. National Seminar on ‘Sanskritvangmayasya Naitikshikshaya Rashtranirmane yogadanam’ dated 9-10 February, 2014, Organized by Jaipur and Rajasthan Sanskrit Academy, Jaipur.
9. National Seminar On Spiritual and Mystic Experiences in Jainism, dated 22-23 November, 2014, Organized by Centre for Studies in Civilizations, New Delhi.

ATTENDED WORKSHOPS, SYMPOSIUM AND ORIENTATION COURSE :-

1. Workshop On “Personality Enrichment” dated 12-14, February 2010 Organized by BHU Student Council.
2. Workshop On “Introduction to Natural Language Processing dated 25-29 October 2010 Organized by the linguistic Data Consortium for Indian Languages, Central Institute of Indian Languages Mysore, in the Collaboration with the Department of Linguistics, Banaras Hindu University.
3. 11th Orientation Course in Women’s Studies dated 8-23 March 2010 Organized by Centre for Women’s Studies and Development B.H.U.
4. Symposium On “Feminist Methodology” dated 29-30 September, 2011 Organized by Centre for Women’s Studies and Development B.H.U.
5. 12th Orientation Course in Women’s Studies dated 25th November to 13th December 2011 Organized by Centre for Women’s Studies and Development B.H.U.
6. Workshop On Granthanuvad dated 24-30 November 2011 Organized by Sanskrit Department, Banaras Hindu University.
7. 15th day National Workshop on “Various aspects and Fundamentals of Jainism” From 23 September to 7 October 2012 Organized by Pershwannath Visyapeeth ITI Road Varanasi.
8. National Workshop on “Baudh Vidhya ke Vividh Aayam, Gandhi Vichar avam Vishva Shanti” from 25 November to 9 December 2012, Organized by Research Institute on Human Culture Varanasi.
9. Two weeks International Workshop on Non-violent approaches to Peace from December 14-27, 2012, Organized by UNESCO chair for Peace & intercultural understanding, Malaviya Centre for Peace Research, Banaras Hindu University in collaboration with United States India Educational Foundation, New Delhi.

10. 15 day National Workshop on **Nyayashastra** from 10 to 24 January, 2013, in the department of vedic darshan vibhag, SVDV Varanasi.
11. Orientation Program on Research in Philosophy Organized by the Indian council of Philosophical Research at Darshan Bhavan, New Delhi from 7-9 March 2013.
12. 21st Days Interaction Program for Ph.D. Scholars From August 06 to 26, 2013 Organized By UGC Academic Staff College, BHU, Varanasi.
13. 15 days National Workshop on Anuman in Nyay, 16/01/2014 to 30/01/2014, Organized by SVDV, bhu Varanasi.
14. 15 days Workshop on “Problems of Philosophy” from 24.02.2014 to 12.03.2014, organized by the Department of Philosophy and Religion, BHU.
15. 15 days Workshop on “**Yoga sadhana ke siddhant avam vyavahar**” from 19.03.2018 to 06.04.2018, organized by the Bharat Adhyayan Kendra, BHU, Varanasi-221005.
16. 15 days Workshop On “**Granthanuvaadkaryashala**” from 14 november 2011 to 30 Novemer 2011 organized by Sanskrit department, Arts Faculty BHU.
17. 15 days National workshop on “Research Methodology” from 19 september to 3 october 2019, organized by Urdu faculty of Arts, BHU.
18. 9 days National workshop on “Paniniya ashtadhyayi me upadarshit antarveshayik vimarsh from 3 Janurary to 11 january 2019 organized by Bharat adhyayn Kendra, BHU.

I hereby declare that the information furnished above is true to the best of my knowledge.

Date: 07/07/2023

Place: Srinagar

(Dr. Rishika Verma)