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Bio

Prof. Sharma is a Doctorate in Psychology from University of Delhi and NET qualified. She is currently Guiding Research Scholars, teaching Doctorate (Ph.D.), Postgraduate and Undergraduate Students. She is presently a core committee member of “MANODARPAN” under the Ministry of Education, Government of India. She has been a faculty at Central University of Haryana and has also worked on prestigious research projects of National importance at the Ministry of Home Affairs, Government of India. She is one of the first Psychologist to formally study and research on terrorism in India under the aegis of Government of India. She has also taught Masters and Undergraduate courses at University in the United States of America (USA) and United Arab Emirates (UAE) as an International Teaching Assignment. Her areas of specialization are: Positive Psychology, Organizational Behavior, Criminal Psychology, Indian Psychology, and Social Psychology. She has conducted Trainings for Government employees working in Banks, Schools, Armed Forces and Police under individual training sessions and training projects. She has been awarded the “Academic Excellence Award ” in the year 2022 at an IEEE conference ICCAKM held at Dubai, UAE. Along with her own research publications which are 40 and 52 presentations at National and International Level. She has also been working as a book and journal reviewer for reputed national and international publishers.

Keynote address on:

Yoga paving the path to improving the overall Quality of Life

Abstract

In today's era, where stress has become an inevitable element of our life, management of the same becomes imperative. This research highlights the importance of Yoga in managing stress and improving quality of life in youth based on empirical studies. This research focuses on specific forms of yoga that is Hatha yoga and Raja yoga-based interventions. The results corroborate with the aim of yogic practices suggesting that different yogic practices such as yogasanas, pranayama and meditation operate on different planes of the body, breath and the mind. The congruence of meditative practices contributes significantly towards a common goal and the results maximize when multiple practices are put together.