

## **Dr. Monika Gautam**



**Nickname:** Dr. Monika Gautam

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### **How would you explain your research in 3 sentences to someone who is not in science?**

Yoga is ancient art of healing and have been part of life since centuries. Stress and life style disorders are nothing but coming away from healing art of nature, roots of our tradition, ancient literature on Vedas, Upanishads and Philosophy. Nothing can be proven until it has strong evidence. Yoga is proven scientifically evident in reducing stress, managing life style disorder, and improving quality of life.

### **More about you?**

I have completed BNYS from SDM College, Rajiv Gandhi Health Sciences University, Bangalore, followed by MD in Yoga and Rehabilitation from S-VYASA university, Bangalore. I have been awarded with “D K Poddar” award for best outgoing doctor in 2019. I have done certification course in clinical research and pharmacovigilance as well as in cognitive behaviour therapy. I had worked as Yoga course coordinator for Single Yoga school in Himachal under YCB. I have also acted as invited reviewer in renowned international journals, *Annal of neuroscience* and *Journal of Integrative Medicine-Case report*. I am an avid learner and is currently working as Research officer at CCRYN-Collaborative centre for Mind Body Intervention through Yoga at PGIMER, Chandigarh.

### **About your work?**

I have worked on “Effect of integrative therapies on pain, disability and quality of life in patients with OA knee”, has been published in “*Orthopaedic and Sport Journal* “in 2019. I have clinical experience in treating health seeker with various life style disorder through yoga and naturopathy. I had worked with KWA Swift Clinic, Germany in Managing patient with Multiple sclerosis and neurological disorder through yoga. Now, I am trying to explore effect of Yoga and Integrative therapies on life style disorders and getting better solution for society for healthy life.