

Harshita Soni

PhD Scholar, Indian Institute of Management Indore

Area: Humanities & Social Science

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Profile Summary

Passionate educator, dedicated trainer, and lifelong learner focused on personal and inclusive development. Academic journey traverses YogShastra, Digital Communications, and Human Resource Management, deeply engaging with Indian Philosophical Systems and Wisdom Traditions. Adept at blending tradition with modern learning. Specializes in Sanskrit scripture study, mind-body medicine, and transformative education, striving to promote holistic well-being and resilience. Deeply committed to transformative and inclusive learning, integrating ancient wisdom with contemporary science, and fostering holistic well-being in education, research, and practice. Vision is to bridge interdisciplinary research and practical applications for resilient communities and organizations.

Academic Qualifications

PhD in Humanities & Social Science

Indian Institute of Management Indore (Pursuing)

MA in YogShastra

KJ Somaiya Institute of Dharma Studies, Mumbai, 2021–2023 | CGPA: 9.45 | *Silver Medalist*

M.Tech. in Digital Communications

Rajiv Gandhi Proudhyogiki Vishwavidyalaya, Bhopal, 2013–2015 | CGPA: 8.44

MBA in Human Resource Management

Institute of Management Studies, DAVV Indore, 2007–2009 | CGPA: 7.5

B.E. in Electronics & Communication

Government Engineering College, Ujjain (M.P.), 2000–2004 | Aggregate: 72.19%

Additional Certifications & Diplomas

- Diploma in Sanskrit: Language and Literature, KJ Somaiya Institute of Dharma Studies, Mumbai

- “Samsadhani – Pravesika: Learning Sanskrit using Computational Tools,” University of Hyderabad
 - Herbert Benson, MD Mind Body Medicine Course, Harvard Medical School, 2022
 - Master Transformational Yoga & Meditation, SriMa International School, Pondicherry
 - UGC NET Qualified in YogaShastra
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Areas of Expertise

Work integrates YogShastra, Indian Wisdom Traditions, workplace spirituality, and holistic well-being. Undertook advanced study and research on Sanskrit scriptures including the Bhagavad Gita, Samkhya Karika, Patanjali Yog Sutra, and the Upanishads. Ongoing focus includes the intersection of spirituality and psychology, aiming for innovative contributions to health, education, and organizational management.

Teaching & Academic Experience

KJ Somaiya Institute of Dharma Studies, Mumbai

Visiting Faculty – “Body-Mind Connection in Yoga” | July 2023–Present

KJ Somaiya College of Engineering

Visiting Faculty | July 2023–Present

Mahakal Group of Institutes, Ujjain

Assistant Professor, Electronics & Communications; Coordinator—Aptitude & GD | September 2009–March 2023

ARK Academy, Ujjain

Trainer—Quantitative Aptitude (GRE, SAT, GATE, Campus Placements) | 2015–2017

Additionally, offers Transformational Yoga and Meditation workshops to law enforcement agencies and organizations, with a focus on mental health and resilience.

Publications

Book

Ras Pravah. Diamond Pocket Books, 2020

Journal Articles

- “Understanding Work-Place Spirituality in Health Care Systems: Practice and Challenges.” *Asia Pacific Journal of Health Management*, Vol. 18, Issue 2, August 2023 (SCOPUS, ABDC indexed)
- “Exploring the Yogic View on Human Well-being—A Path Leading to Excellence.” *Juni Khyat (UGC Care)*, July–December 2022

Conference Papers & Awards

- “Role of Integrated Spirituality for Psychological Well-being: An Integrated Approach with a lens of Indian Perspective.” 3rd International Healthcare Management Conference, KJ Somaiya Institute of Management, 2023 (*2nd Best Paper Award*)
- “Waste Management as a Sustainable Measure for Hospitals.” International Conference & Postgraduate Research Colloquium, University Tun Abdul Razak, Malaysia, 2011

Other Writing

Regular contributor to *Indiful.com* on Indian philosophy and personal development

Research Projects

- Linking Integrated Spirituality with Psychological Wellbeing: Exploratory and empirical evaluation in the Indian Defense sector
 - Employee Engagement and Attrition Rate Analysis; Implementation of WPR Diary, Kirloskar Brothers Limited
 - Performance Analysis of OFDM Systems for PAPR Reduction; Speech Recognition Systems Using Neural Networks
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Honors & Distinctions

- Second Best Paper Award, SIMIHCO 2023, KJ Somaiya Institute of Management & Research
- Silver Medalist in MA YogShastra, KJ Somaiya Institute of Dharma Studies, Somaiya Vidhyavihar University, Mumbai
- UGC NET Qualified in YogaShastra