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Dr. Meena Vishweshwar Rakshe is a teacher educator and presently working as an Assistant Professor in the Department of Education, School of Education, Babasaheb Bhimrao Ambedkar University (A Central University), Lucknow (U. P.). In her academic career, she has devoted 07 years as a researcher and teacher. Her area of specialization and interest are Educational Psychology, Teacher Education, Guidance and Counseling, Environmental Education, Hindi Teaching, and Yoga Education. She has participated and presented papers in more than 30 National and International seminars, conferences, workshop, and orientation Programmes.

She has published about 10 research papers and articles in prestigious National and International Journals. She also written 02 books and contributed 03 chapters in books. She has been honoured with some awards of National and International level for her outstanding contributions in the field of Education and research. She is life member of AIAER and Alumni Association of BBAU. She has got medals in the field of yoga and sports in district, state, and university level.

Being a great lover of reading, writing and doing yoga, her aim is to promote the knowledge and yoga in the society.