RAKESH KUMAR
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Yoga Science

In quest of a challenging position in an eminent organization in the field of Yoga Science that offers me generous opportunities to explore & outshine while accomplishing personal as well as organizational goals through total quality, hard work and integrated approach.

PROFILE

- A competent professional with **Post graduation degree (Yoga Science), Yoga Wellness Instructor Certification (Level-2) and NET qualified in Yoga; presently working as Assistant Professor (Yoga & Naturopathy) at OITM, Hissar**.
- **NSS Volunteer** – 2019 to 2021 (including 7 days special Camp) at NSS Unit-1, CRSU, Jind under **National Service Scheme, Ministry of Youth Affairs & Sports, Govt. of India**
- Conducted **5 days Yoga Camp in Central Jail Hisar in Collaboration with India Vision Foundation**.
- **Coach & Manager** for Yoga team participated in **All India Inter University Yoga championship 2021** held at KIIT University, Bhuvneshwar.
- Involved in **6 months Yoga training program in Central Jail Hisar** in Collaboration with India Vision Foundation.
- Presented **Paper** Title **"Yoga education is a complete all round medical diagnosis and holistic development in modern education system"** in a three-day Interdisciplinary International Seminar on Yoga & Music: Medical Dimensions organized by the Department of Yoga Science and Department of Music & Dance, Chaudhary Ranbir Singh University, Jind (Haryana) from 5th to 7th July 2021.
- Participation in One-week online **workshop** on **"Role of Yoga, Ayurveda & Naturopathy in Boosting Immunity during COVID-19"** from June 15 to 21, 2020 organized by Department of Yoga Science, Chaudhary Ranbir Singh University, Jind (Haryana).
- **Achieved Consolation Award** in the **International Yog Essay Competition (Essay Subject: What is real Yog)** Organized by Arya Pratinidhi Sabha America and Satprayaas Foundation to observe International Day of Yog 2020, on July 28th, 2020.
- **Research Paper** on Title **"A study of the need of Yoga Education in modern Education System"** submitted to Department of Yoga Science, Chaudhary Ranbir Singh University, Jind (Haryana).
- **Dissertation** on Title **"Use of Shatkarma in Health Care and Respiratory Diseases: A Therapeutic Study"** submitted to Department of Yoga Science, Chaudhary Ranbir Singh University, Jind (Haryana).
- **Organized** 1 week **camp** to aware society for using/learning **Ashtanga Yoga** in daily routine to achieve good health.
- Last Worked as Computer & Printer Support Engineer at New Shree Computers, Hisar.

SKILLS

Area of Interest	:	Ashan, Pranayama, Meditation, Shatkarma, Relaxing mind & body therapy, Sukshma vayam, Motivational & Happiness activities, Vedic Mantra and Havan, Computers, Aptitude & Reasoning.
Software Skills	:	Computer operations, MS Office, Online Meeting

PROFESSIONAL EXPERIENCE

OM Institute of Technology & Management, Hissar since **Dec 2021 to Present**
Assistant Professor (Yoga Science)

- Working as Teaching Faculty in Yoga Department.
- Teaching to students in various Yoga courses.
- Supporting Computer/Online activities for Yoga Department

- Conducted 5 days Yoga Camp in Central Jail Hisar in Collaboration with India Vision Foundation.
- Coach & Manager for Yoga team participated in All India Inter University Yoga championship 2021 held at KIIT University, Bhuvneshwar.
- Involved in 6 months Yoga training program in Central Jail Hisar in Collaboration with India Vision Foundation.

New Shree Computers, Hisar since **Jan 2012 to Dec 2014**
Computer & Printer Support Engineer

- New System Hardware and Software Installation
- Laptop and Desktop Repairing
- Printer Setup, cartage refiling and Repairing
- Scanner Setup and Repairing
- Window & Software Installation and diagnosis
- Visiting customers to provide all kind of computer & printer related support
- Visiting customers for their new requirements & order fulfilment

EDUCATIONAL & PROFESSIONAL DEVELOPMENT

2 Time NET (National Eligibility Test) qualified - Yoga
December-2020/June-2021 Merged Session - UGC NET, National Testing Agency
December 2021 and June 2022 merged cycles - UGC NET, National Testing agency

Yoga Wellness Instructor Certification (Level-2) - 2022
Yoga Certification Board, Ministry of Ayush, Govt. of India.

NSS Volunteer – 2019 to 2021 (including 7 days special Camp)
NSS Unit-1, CRSU, Jind
Under National Service Scheme, Ministry of Youth Affairs & Sports, Govt. of India.

M.A (Yoga Science) – 2019-21
Chaudhary Ranbir Singh University (State Govt.), Jind
Aggregate Percentage: 70%

B.C.A. (Bachelor of Computer Applications) – 2008-11
Aggregate Percentage: 71%

HSC (10+2) – 2007-08

1 Year Diploma in Computer Hardware - June 2006 to May 2007
Haryana State Council for Child Welfare, Hisar

SSC (10th) – 2005-06

Date of Birth: 22nd July 1991
References: Available on Request