



RESUME

Dr. Ritesh Kumar

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OBJECTIVE

: *To make a honorable & rewarding career, where my skills and abilities will be used effectively.*

QUALIFICATION

Sl. No.	Class	Board / University	Year	Division/ Remark
1	High School	Allahabad Board	1994	1 st
2	Intermediate	Allahabad Board	1996	3 rd
3	B.Sc. (PCM)	CCS University, Meerut	1999	2 nd
4	M.A. (Sociology)	H.N.B. Central University, Srinagar Garhwal	2008	2 nd
5	B.Ed.	Kashmir University, J&K	2010	1 st
6	M.A. (Education)	Uttarakhand Open Univeristy, Haldwani	2012	1 st
7	M.A. (Yogic Science)	Uttarakhand Sanskrit University, Bahadarabad, Haridwar	2017	1 st
8	Ph.D. (Yogic Science)	SGRR University, Dehradun	2023	

Research Profile/IDs:

ORCHID ID : <https://orcid.org/0000-0001-8378-4709>
Research Gate ID : <https://www.researchgate.net/profile/Ritesh-Kumar-137>
SSRN ID : 5390480
Google Scholar Profile : riteshgupta@motherhooduniversity.edu.in

ACADEMIC EXPERIENCE (Total 7+ Years) -

- Currently working as an **Assistant Director Research & Assistant Professor 'Yogic Science'**, Faculty of Yoga & Naturopathy, **Motherhood University, Roorkee** (Uttarakhand) and Associated as '**Yoga Teacher**' in **Motherhood Ayurveda College & Hospital** since **September 13, 2021** to till now.
- **Worked as a Principal, YOGAYAN (NIOS Affiliated Center of Yoga)**, Durga Col., Haripur Kalan, Near Dev Sanskriti Vishwavidyalala, Haridwar, since Mar.2021 to Sep. 2021.
- **Worked as a Yoga Acharya (Asstt. Prof. & Head), Department of Yogic Science**, Chaman Lal Mahavidyala, Landhaura, Distt.-Haridwar affiliated to USVV, Haridwar since 2017 to Feb. 2021.
- **Worked as an Incharge of Distance Education Center of YOGA 'Nav Jyoti Shikshan Avam Prashikshan Sansthan'** affiliated to **Dev Sanskriti Vishwavidyalaya, Haridwar**, conduct Classes as **Lecturer & Instructor** for 2 Years since **2014-2016**.

RESEARCH WORK -

- Ph.D. title "दिनचर्या में समावेशित ओंकार साधना एवं मर्म चिकित्सा का अनिद्रा पर पड़ने वाले प्रभाव का अध्ययन" under the supervision of Prof. (Dr). Saraswati Kala, HOD, Deptt. of Yogic Science, SGRR University, D.Dun. [Batch 2019-22, Awarded on April 11, 2023].
- **Dissertation** title "TREATMENT OF INSOMNIA THROUGH YOGA-NIDRA & MARMA CHIKITSHA" under the supervision of Dr. Kamakhya Kumar, HOD, Deptt. of Yogic Science, USVV, Haridwar [2017], Subjects : 40 Hostel Students of RIT, Roorkee.
- **Project Work** title "TREATMENT OF INSOMNIA THROUGH SURYA NAMASKARA" under the supervision of Dr. Kamakhya Kumar, HOD, Deptt. of Yogic Science, USVV, Haridwar [2016], Subjects : 10 B.Ed. Students of DAV PG College, Roorkee.

- **Dissertation** work on Schedule Tribes “THARU” Title “UTTARAKHAND KI THARU JANJATI KA SAIKSHIK VIKAS” under the Supervision of Dr. Purnima Srivastava, HOD, Department of Education, K.L.D.A.V. P.G. College, Roorkee [2012], Field : Udham Singh Nagar (6 Villeges, 60 Candidates).

RESEARCH PAPER PUBLISHED -

- Paper Published in Peer Reviewed Journal “Recent Educational & Psychological Researches”, Entitled “**Status of Primary Education in Tharu Society**” based on my Dissertation (2012).
- Paper Published as a Co-Author in Peer Reviewed Journal “Recent Educational & Psychological Researches”, Entitled “**A Psycho-Yogic Management for Academic Anxiety and Aggression Level among School Going Students**”, Jan.-Feb.-Mar. 2021, Vol. 10, Issue 1.
- Paper Published in Peer Reviewed Journal “Recent Educational & Psychological Researches”, Entitled “**किषोरावस्था में ‘दीर्घ ओंकार साधना’ से ‘एकाग्रता एवं समर्थता’**”, Apr.-May-Jun. 2021, Vol. 10, Issue 2.
- Paper Published in Peer Reviewed Journal “Recent Researches in Social Sciences & Humanities”, Entitled “**पोस्ट कोविड लक्षणों में मर्म चिकित्सा की उपयोगिता**”, Apr.-May-Jun. 2021, Vol. 8, Issue 2.
- Paper Published in Peer Reviewed Journal “Recent Educational & Psychological Researches”, Entitled “**निद्रा.अनिद्रा. सर्केडियन रिद्धम एवं सफलता**”, Apr.-May-Jun. 2022, Vol. 11, Issue 2. DOI:10.5281/zenodo.6850872.
- Paper Published in Peer Reviewed Journal “Recent Educational & Psychological Researches”, Entitled “**अवसाद और चिंता जैसे मनोरोगों में योग की भूमिका**”, Oct.-Nov-Dec. 2022, Vol. 11, Issue 4. DOI: 10.5281/zenodo.7572116.
- Paper Published in Peer Reviewed Journal “Recent Researches in Social Sciences & Humanities”, Entitled “**पोस्ट कोविड लक्षणों में मर्म चिकित्सा की उपयोगिता**”, Apr.-May-Jun. 2021, Vol. 8, Issue 2.
- Paper Published in Peer Reviewed Journal “Recent Researches in Social Sciences & Humanities”, Entitled “**योग चिकित्सक की नैतिकता एवं उत्तरदायित्व**”, Jan.-Feb.-Mar. 2023, Vol. 10, Issue 1.
- Paper Published in UGC CARE Gp.-1 Journal “Shodhasamhita”, Entitled “**अनिद्रा रोग पर दिनचर्या में समावेष्ट दीर्घ ओंकार साधना एवं मर्म चिकित्सा के प्रभाव का अध्ययन**”, Jul.-Dec. 2022, Vol. IX, Issue II(III). ISSN:2277-7067.
- Paper Published in UGC CARE Gp.-1 Journal “Jyotirveda Prasthanam”, Entitled “**मर्म चिकित्सा का अनिद्रा रोग पर प्रभाव**”, Nov.-Dec.. 2022, Vol. X, Issue 5. ISSN:2278-0327.

CHAPTER IN EDIT BOOK -

- Published a chapter in *Edit Book* title “**Yoga & Human Values**”, Edited by Dr. Kamakhya Kumar in 2018. My paper title is “**अनिद्रा रोग पर योग निद्रा एवं मर्म चिकित्सा के प्रभाव का अध्ययन**”, authors is Dr. L.N.Joshi & Ritesh Kumar., ISBN: 978-81-932684-1-4
- Published a chapter in *Edit Book* title “**Yoga Shodh Dipika**”, Edited by Dr. S.P. Rayal & Pooja Nautiyal in 2022. My paper title is “**ओंकार साधना का महत्व**”, ISBN:978-81-947207-2-0
- Published a chapter in *Edit Book* title “**Changing Dimensions & Emerging Issues in Environmental Law**”, Edited by Dr. JSP Srivastava & Dr. Avinash Kr. Babu, FoLS in Motherhood University, Roorkee in 2022. My Chapter title is “**Wildlife Conservation in India**”, authors is Ritesh Kumar. ISBN: 978-81-956482-5-2. DOI: 10.5281/zenodo.7222029.
- Published a chapter in *Edit Book* title “**Guidance & Counseling : NEP-2020**”, Edited by Dr. Purnima Srivastava & Dr. Manoj Kr. Sharma, B.Ed. Department, DAV PG College, Roorkee in 2023. My Chapter title is “**योग शिक्षा और एनईपी-2020**”, authors is Ritesh Kumar. ISBN: 978-81-956482-6-9.

INTERNATIONAL SEMINARS PARTICIPATION & PAPER PRESENTATIONS-

- Active Participation in **Two Days International Seminar** on “**ROLE OF E-LEARNING IN QUALITY EDUCATION**”, Dated : 22-23 Feb., 2015. Paper Entitled “**USE OF ICT IN HIGHER EDUCATION**” Organized by: R.H.Govt. P.G. College, Kashipur, US Nagar, Uttarakhand.

- Organising Participation in **Two Days International Conference** on “Social Transformation through Yoga”, Dated: 25-26 March 2017 at Nishkam Sewa Trust, Haridwar. Paper Entitled “Effect of Surya Salutation on Insomnia” Organised by Indian Association of Yoga, Delhi.
- Organizing Participation in **Two Days International Conference** on “Developing Human Values through Yoga”, Dated : 24-25 Feb. 2018 at USVV, Haridwar; Organized by Indian Association of Yoga, Delhi.
- Organizing Participation in **Two Days International Conference** on “Human Excellence through Yoga”, Dated : 23-24 Feb. 2019 at USVV, Haridwar; Organized by Indian Association of Yoga, Delhi.
- Organizing Participation in **Two Days International Conference** on “Psycho-Spiritual approach to Yoga”, Dated : 22-23 Feb. 2020 at USVV, Haridwar. Organized by Indian Association of Yoga, Delhi.
- Organising Participation in **Two Days International Conference** on “Revealing Scientific & Behavioral Aspects of Yoga and Spirituality”, Dated : 20-21 Feb. 2021 at USVV, Haridwar. Paper Entitled “दिनचर्या में समावेशित ओंकार साधना” Organised by Indian Association of Yoga, Delhi
- Organising Participation in **Two Days International Conference** on “Yoga Sanskrit & Human Transformation”, Dated : 9-10 Apr. 2022 at USVV, Haridwar. Paper Entitled “पुरुषों के अनिद्रा रोग पर मर्म चिकित्सा का प्रभाव” Organised by Indian Association of Yoga, Delhi.
- Organising Participation in **Two Days International Conference** on “Yoga in Synergy with Science”, Dated : 24-25 Feb. 2023 at USVV, Haridwar. Paper Entitled “योग : उद्यमिता एवं पर्यटन” Organised by Indian Association of Yoga, Delhi.

NATIONAL SEMINAR / WORKSHOP (OFFLINE) -

- Active Participation in **Two Days National Seminar** on “Violence Against Women : Current Challenges and Future Trends”, Dated : 19-20 Dec.2014. Paper Entitled “**Violence Against Women and Women Responsibilities**” Organised by: Deptt. of Pol. Sci., B.S.M.P.G. College, Roorkee (Haridwar)
- Active Participation in **One Day National Seminar** on “Possibilities of Open Universities in Higher Education” Dated : 19-20 Dec.2014. Paper Entitled “**Current Scenario of Distance Education and Future Possibility / Targets**” Organised by : Regional Centre, Uttarakhand Open University, Roorkee (Haridwar)
- Participating in Two Days National Conference on “पर्वतीय क्षेत्रों में उच्च शिक्षा की समस्या एवं समाधान”, Dated. 22-23 Nov., 2015, Paper Entitled “पर्वतीय क्षेत्रों में उच्च शिक्षा में दूरस्थ शिक्षा की उपयोगिता”, Organised by M.B. Govt. P.G. College, Haldwani, Uttarakhand.
- Participating in One Day Workshop on “कतिपय योगाभ्यासानां मानसिक: शारीरिक: प्रभावः”, Dated. 19 June, 2017, Organised by Deptt of Yogic Science, USVV, Haridwar, Uttarakhand.
- Participating in Seven Day Workshop on “गुरुकुल शिक्षा पद्धति एवं आधुनिक परिवेश में इसकी प्रासंगिकता”, Dated. 16-22 September, 2019, Organised by Deptt of Political Science, Chaman Lal Mahavidyalaya, Haridwar, Uttarakhand.
- One day National Conference on “**Fit India : Holistic Health Care for Quality Life**”, 19 Nov. 2019 organized by IQAC, Govt. P.G. College, Rishikesh, Uttarakhand.
- One day National Conference on “**Importance of Indian Traditional Medicine in Modern Era**”, 15 Feb. 2023 organized by Deptt. of Yogic Science, SGRR University, Dehradun, Uttarakhand. Presenting a paper entitle ‘**Ethics of Marma Therapy**’.

FDP/CBP/WORKSHOPS/ WEBINARS (Organizing and Participating) –

- Organizing Participation with webinar team, 2020 using Webex Online meeting platform, organized by Prof. Kamakhya Kumar, Head, Deptt. of Yogic Science, USVV, Haridwar held on 9-10 May, 2020.
- Organizing Participation with webinar team; using Google Meet Platform, organized by Deptt. of Education, **KLDAV PG College, Roorkee** on New Education Policy, 2020 on 25th Mar. 2021.
- Participated in 7 Days Yoga Online Workshop (14 June – 21 June 2021), organized by Deptt. of Yogic Science, **Indira Gandhi National Tribe University, Amarkantak, MP**.

- Participated in 15 Days Capacity Building Programme[CBP] (14 June–28 June 2021), organized by Deptt. of Tourism, **Indira Gandhi National Tribe University, Amarkantak, MP.**
- Participated in One Day Online Conference on “स्व० श्री दत्तोपंत टेंगडी स्मृति व्याखनमाला ‘वर्तमान आर्थिक परिदृश्य एवं दत्तोपंत जी का आर्थिक चिंतन’, Held on 13th June 2021; organized by Dr. Devendra Vishwakarma.
- Participation in National Webinar "**Effective and Efficient Writing of Research Papers for the Web of Science, Scopus Indexed Journal and Conference Papers using Typeset Research Studio**" held on 11th June 2021 organized by Hyderabad Institute of Technology and Management.
- Participation in 07 Days Faculty Development Programme (FDP) on **Indian Education (A Paradigm Shift in the Present Scenario)** held on 1st to 7th June 2021 organized by Faculty of Education, Teerthankar Mahavir University, Moradabad.
- Participation in One Days Webinar on '**Understanding of Gender**' held on 12th June 2021 organized by Sahu Ram Swaroop Mahila Mahavidyalaya (affiliated to Mahatma Jyotiba Phule Rohilkhand University) Bareilly.
- Participation in One Days Webinar on '**Post Covid-19 Care Guide and Rehabilitation**' held on 28th May 2021 organized by Sahu Ram Swaroop Mahila Mahavidyalaya (affiliated to Mahatma Jyotiba Phule Rohilkhand University) Bareilly.
- Participation in Three Days Workshop to celebrate 7th International Yoga Day on '**Different Schools of Yoga**' held on 12th-15th June 2021 organized by MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH, Chennai.
- Participate in One Day International webinar on topic “**Reimagine. Recreate. Restore. Together**” on World Environment Day organized by NEEV- a social educational initiative of IIT alumni and Indian Science Technology and Engineering facilities Map (I-STEM) Supported by Office of the Principal Scientific Adviser, Govt. of India, on June 5th, 2021.
- Participate in One Day Webinar on “**Fullness of Body & Mind**” organized by Uniframe Society, Muzaffarnagar, held on June 13th, 2021.

PARTICIPATION / YOGA COMPETITION -

- Active Participating in **All India Yoga Championship 2015**, Organised by Yoga Society of Kashmir (Regd.) Approved by J&K Yoga Association & J&K Sports Council. Dated. **03-04 Oct. 2015**, held at Indoor Stadium Sher-i-Kashmir Indoor Sports Complex Srinagar, Kashmir, J&K under the supervision of Dr. L.N. Joshi, Ex. HOD, Deptt of Yogic Science, USVV, Haridwar.

ORGANISED YOGA CAMPS -

- One Week Exp. as a Yoga Instructor, 47 Students of B.Ed. Classes i.e. One Week Yoga Camp “**Personality Development through Yoga**” Organised by B.Ed. Deptt. of KLDVA PG College, Roorkee under the aegis of B.Ed. Curriculum, Dated : 20-09-2016 to 27-09-2016 .
- **Yoga Therapy Camp** of 7 Days in **Roorkee; 2018** on the Behalf of Chaman Lal Mahavidyalaya, Landhaura.
- **Yoga Therapy Camp** of 7 Days in **Chaman Lal Mahavidyalaya Campus, andhaura in 2019.**

PUBLISHER OF TWO INTERNATIONAL JOURNALS:

- An *International Refereed & Blind Peer Reviewed Research Journal*: **RECENT EDUCATIONAL & PSYCHOLOGICAL RESEARCHES**, ISSN : 2278–5949 (Since 2012). **recentjournals.in**
- An International Refereed & Blind Peer Reviewed Multidisciplinary Research Journal: **RECENT RESEARCHES IN SOCIAL SCIENCES & HUMANITIES**, ISSN : 2348-3318 (Since 2014). **recentjournals.in, ijorr.in**

As a Publisher the key Responsibilities:

- Announcement: ‘Call for Original Research Papers & Articles.
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- Send to the subject experts for review.
- After review, give information to author/s about Acceptance / Revision / Reject the research paper/s.
- Inform to the corresponding author/s to deposit the Printing Contribution Amount.
- Crosscheck the Details of Amount.
- Set the sequence of the papers and Type Setting for printing.
- Set for printing with index/contents
- Website Update, Packing, Speed Post.

PERSONNEL DETAIL:

Date of Birth : 11th May, 1979
Father's Name : Sh. Kunji Lal Gupta
Language : Hindi & English
Marital Status : Married
Nationality : INDIAN
Sex : Male
Permanent Address : Dr. Ritesh Kumar S/o Sh. Kunji Lal
H.No. 787, Lane 9,
East Shiv Puram, Paniyala Road,
ROORKEE - 247667 [Distt.- Haridwar] U.K.
Contact : 9412999793 & 8077923567
Personal Email : dr.ritesh.rke@gmail.com

OTHER SKILLS -

- Guidance for Research Work.
- Minor Project Approval Files Creation as per UCOST etc.

COMPUTER SKILLS -

- "One Year" Computer Course from ACADEMY COMPUTER CENTER, ROORKEE

HOBBIES / INTEREST -

- Teaching with Visual Aids
- Treatment through Yoga Therapy & Marma Techniques.
- Enjoying Dhyana
- Enjoying with Innovative Ideas.

NGO EXPERIENCE (PART TIME):

- **Management, Health Project** of "Department of Bal Vikas (ICDS), Uttarakhand", tender to Rajat Sahri Vikash Samiti, Haridwar (2004-2005).
- **Various small projects of Survey, Health & Social Awareness, Self Help Group, Survey Report etc.**

REFERENCES -

1. **Prof. (Dr.) Kamakhya Kumar**,
Head, Deptt. of Yogic Science,
Uttarakhand Sanskrit University, Haridwar
Mob.: 9258369603
2. **Prof. (Dr.) Saraswati Kala**
Dean, Social Sciences and Humanities
Shri Guru Ram Rai University, Dehradun
Mob.: 9720106250

Date : 10-04-2024
Place : Roorkee


[Dr. RITESH KUMAR]