



RESUME

Dr. Ritesh Kumar

Assistant Professor & Assistant Director Research

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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 University, 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 Vishwavidyalaya, 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 रिदम 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 आँकार 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 “स्व0 श्री दत्तोपंत ढेंगडी 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 KLDV 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.
- Classification of research papers (as per the quality and language issues).
- 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]