



Dr. Ankit Kumar

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Areas of Interest / Specialization: - Yog Darshen, Hath Yog, Naturopathy

Educational Qualification: -

1. M.A. (Yoga);
2. UGC (NET) or YCB level-III;
3. PhD from J.J.T. University, Rajasthan;
4. P.G Diploma in Yoga (One year);
5. Naturopathic Diploma in YOGA;
6. Teacher Training Course in The International Sivananda Yoga Vedanta Danwantri Ashram, Neyyar Dam;
7. Yoga Alliance International (500 Hours);
8. Certificate Course from NIOS (6 months);
9. Foundation Course in Yoga Sciences for wellness;

Work experience

1. Presently working as an **Assistant Professor at University of Patanjali** in Haridwar, Uttarakhand (Dec., 2023 to Present).
2. Earlier having an experience of two years as an **Assistant Professor at Chaman Lal Mahavidyalaya, Landhaura Haridwar**, Uttarakhand (Nov., 2021- Dec., 2023).
3. 1.5 Years of teaching experience as a **Yoga Instructor at Sivananda Yoga Vedanta Nataraja Centre, Delhi** (March, 2016 to August, 2017);

Two Edited Book

1. Yog ek behtar swasthya ke vikalp ke roop mein (Hindi Book)
2. Yoga Way to Better Health (English Book)

Research Paper Published in International Journals:-

1. Ankit kumar, “Adhunik siksha mai ved tatha yog ka mehtav”; International Journal of Research Journal, Nagpur, Maharashtra, ISSN NO- 2236-6124, Vol- VIII, ISSUE V, May 2019, Page 351-356.
2. Ankit Kumar, “Shatkarma dwara sharirik shudhi”, International Journal of Research and Analytical Reviews, E- ISSN-2348-1269, P-ISSN-2349-5138, Vol-6, ISSUE 2, May2019, Page 646-652.
3. Ankit Kumar, “Patanjal Ashtangyog”, International Journal of Research and Analytical Reviews, E- ISSN-2348-1269, P-ISSN-2349-5138, Vol-6, ISSUE 1, March 2019, Page 1183-1185.
4. Ankit Kumar, “Panchmahabhuto se sharirik chikitsa” Pramana Research Journal, Katraj-Dehu Road, Pune, ISSN NO -2249-2976, Vol 9, ISSUE 5, May-2019, Page 403-412.
5. Ankit Kumar, “Pranayam ke dwara man ki Akagrata”, International Journal of Research Journal, Nagpur, Maharashtra, ISSN NO- 2236-6124, Vol- III, ISSUE III, March 2019, Page 1351-1359 .
6. Ankit Kumar, “Manav jivan main pran vidhya ka mahttav”; Jigyasa, ISSN NO – 0974-7648, Vol.12, No.11, March 2019, Page 765-768.
7. Ankit Kumar, “Manav jivan main brahmachrya ka mahttav”; Annals of multi-disciplinary Research, ISSN 2249-8893, Vol 10, Issue II, June 2020, Page 30-33.
8. Ankit Kumar "Paramparik Gyan aur Bharat ke yog ki prusthbhoomi" shodh Drishti, ISSN NO-0976-6650, Vol-14, NO 5.1, MAY 2023, page no -151-152.
9. Ankit Kumar "Yoga As a Way Of Holistic Living" Anukriti, ISSN NO-2250-1193, Imapct Factor 7.125, Jan., 2024.

Chapters in The Book/Edited Books: -

1. Ankit Kumar, ***Hathyog ka mansik svastye par parbhav***; Chapter in Book; Yogik Dristhi, Samanvay Foundation, Muzzafarpur, Bihar. ISBN -978-81-935211-2-0, Page No.1-4.

Research Paper presentation & Participation in the National and International Seminars/ Conferences and workshops: -

1. International Conference on “***Naturopathy for Holistic Health***” organized by CCRYN, Ministry of Ayush, GOI, NIN Pune & University of Patanjali, Haridwar held on 18th – 19th November, 2023.
2. Three days National workshop on "***Revisiting India knowledge system in the light of Modern science***" organized by Chaman Lal Mahavidyalaya Landhaura, Haridwar from 13th -15th March, 2023.
3. ***International Yoga Conference and National Yogasana Championship*** organized by Doon Yog Peeth Dehradun, UK on 16th -17th April, 2022.
4. National Vedic Seminar on “***Vedic literature and Yoga***”, Organized by Gurukul Kangri Vishwavidyalaya, Haridwar from 25th to 27th Feb., 2019.

5. Two Days International conference presentation on “**Present education and Vedas**” Organized by P.G.D.A.V College from 27th -28th Oct., 2018.
6. International Conference on “**Various Science in Vedas**” organized by JJT University, Rajasthan from 25th - 26th October, 2018.
7. National Conference on “**Yoga and Health**” Organized by JJT University in collaboration with SPDT College of Arts Commerce and Science, Mumbai on 21st June, 2018.
8. Yoga workshop at Ministry of AYUSH in Talkatora Stadium, New Delhi from 8th - 10th March, 2017.
9. National Conference on “**Naturopathy Yog**” organised by International Naturopathy Organisation (INO) in collaboration with ministry of AYUSH on 7th June, 2015.

Role as Resource Person

1. **Resource person** in International Yoga Conference (International Yog Festival) on “**Ethics In Yoga**” held on 20th March, 2024, organized by Uttarakhand Tourism Development Board (Uttarakhand Government) on the banks of the holy Ganges at Ganga Resort Auditorium, Rishikesh, Uttarakhand.

Participation as a coordinator

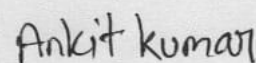
1. Acted as a coordinator for organising a seminar entitled – “योग एक बेहतर स्वास्थ्य के विकल्प के रूप में” Department of Yogic science, Chaman Lal mahavidyalay landhaura, Roorkee, Haridwar on 27th -29th October, 2022.

Declaration

I hereby declare that above mentioned information is correct to the best of my knowledge. I will bear the responsibility for the correctness of the above-mentioned particulars.

Date: 01.05.2024

Place: Delhi



(Ankit Kumar)