

CURRICULAM VITAE

Dr. Lalit Kumar

Assistant Professor

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Carrier Objectives

1. To work in a well-established NATUROPATHY & YOGA /ACUPUNCTURE organization that enables me to utilize my utmost skills, talents, experience, knowledge, and creativity, which allows me to provide patients with satisfying services above their expectations.
2. Seeking a career position in the medical sector where professional experience will be considered as an added advantage.
3. Looking for a position in the medical arena that can provide ample scope to gain knowledge by treating or observing diverse types of patients.
4. Seeking an advisor position that demands involvement, expertise, and at the same time can provide challenges.

Profile

BNYS (Bachelor of Naturopathy & Yogic Sciences) graduate specialized in the Naturopathy & Yoga Field.

1. Acupuncture for various ailments
2. Diagnosing and treating various diseases through natural cures.
3. Stress-related disorders
4. Mind relaxation techniques
5. Other health-oriented disease
6. Healthy diet prescriptions

EDUCATIONAL QUALIFICATION:

Qualification	University	Completed Year
BNYS	Swami Vivekananda Subharti University, Meerut, U.P., India	2017

Professional Experience-

Worked as a Yoga therapist at the Naturopathy and Yoga Wellness Centre, SHKM Govt. Medical college, Nalhar, Nuh, Haryana, under the Central Council for Research in Yoga and Naturopathy from October 2017 to November 2020.

Worked as RMO in Patanjali Wellness Centre (Patanjali Yogpeeth), Modinagar, from July 2021 to August 2022.

Working as an Assistant Professor in the Faculty of Naturopathy and Yogic Science, University of Patanjali, Haridwar, Uttarakhand, since September 2022.

SKILLS

Professional Strength

1. Experienced in holistic health streams like Yoga, Acupuncture, Swedish massage, Physiotherapy, Basic Ayurveda, Hydrotherapy, Color therapy, Acupressure, Reflexology, Diet, and Nutrition.
2. Notable interpersonal skills, with the ability to communicate effectively with all levels of management, staff, and guests.
3. Dedicated to exceptional service to patients; able to cultivate positive rapport and nurture relationships by offering service beyond expectations
4. Recognized for outstanding work ethic, creativity, integrity, thoroughness, and commitment to the organization's goals during internship & also in the present profession.

Therapeutic Skills

1. Yoga, Yogic Kriyas, Meditation, and Counseling to beat stress and related diseases.
2. I can consult all the patients regarding Yoga, Naturopathy, Nutrition & Dietetics, and lifestyle modification through holistic medicine.
3. Swedish massage Specialties.
4. Relaxation Techniques.
5. Provide treatment through Acupuncture, Acupressure, Reflexology, Fasting therapy, Magneto therapy and Chromotherapy, and Physiotherapy.
6. Hydrotherapy and Mud therapy treatments for various disorders.
7. Taking individual therapeutic yoga sessions for patients.
8. Taking general group yoga classes for doctors and the general public.
9. Taking follow-up about regular treatment and the prognosis of the patients.
10. I am professionally qualified to diagnose diseases.
11. I can deliver and present talks on the various diseases.
12. Supervising the Naturopathy treatment section and assigning the duties to the therapists.

Conferences & Workshops Attended

1. Six-day CME program for Naturopathy Teachers 19-24 Dec -2024 at Alva's College of Naturopathy and Yogic Sciences, Moodubidre, Karnataka, India.
2. CME on "Philosophy and basics of naturopathy and natural hygiene in NIN, Pune on 12-13 April 2017.
3. One-day workshop on "Thai massage" in Subharti Naturopathy and Yoga College on 27 Sept. 2015.
4. National conference on "Yoga for wellness in life" in Dev Sanskrit Vishwavidyalaya, Haridwar, on 9-11 March 2015.
5. National yoga week on "Yoga for middle-aged" Organized by Morarji Desai National Institute of Yoga, New Delhi, on 12-18 Feb.2015.
6. National yoga week on "Yoga for Youth" Organized by Morarji Desai National Institute of Yoga, New Delhi, on 18-24 Feb. 2014.
7. National yoga week on "Yoga for adolescents", organized by Morarji Desai National Institute of Yoga, New Delhi, on 18-24 Feb. 2013.
8. International Conference on Naturopathy and Yoga, 10th to 12th Feb. 2012 at Gayatri Vihar Place Ground, Bengaluru, Karnataka.

CAMPS ATTENDED

1. Participated in 15-day camp in Kusthasram, Vradhashram, and villages in Meerut from 6 - 20 June 2015.
2. Participated in 7 7-day Naturopathy and yoga camp in an inter-school Mawana Meerut.
3. Participated in a 1-month camp in Nauchandi mela 4 May to 4 June 2016.
4. Participated in 1 1-day Yoga camp in various schools of Meerut and Muzaffarnagar, Uttar Pradesh.

Special activities

1. Served as a volunteer in a symposium on "Recent updates in lifestyle factors for preventing NCD's in Subharti Medical College on 1 August 2015.
2. Given various group yoga performances on cultural programs in Swami Vivekananda Subharti University.
3. Participated All India University-level yoga competition in 2014 (under Kurukshetra University), Kurukshetra, Haryana.
4. Participated in a 12 km Marathon competition at the inter-university level in 2015.
5. Participated in various cultural activities at the inter-university level.

PERSONAL DETAILS.

Father's Name : Mr. Chandra Pal
Date of Birth : 16-04-1992
Age : 33 Years
Marital Status : Married
Languages Known : English & Hindi

Address : **46, Village and post Nistoli, Distt- Ghaziabad (U.P)**
Nationality : **Indian**
Hobbies : Yoga, Sports & Reading.

GOAL:

1. Contribute to the growth of an institution.
2. Motivate others to deliver their best.
3. Spread the awareness of Naturopathy & Yoga all over the world.

DECLARATION

I hereby declare that the information furnished above is true to the best of my knowledge.

Yours Faithfully,

Dr. Lalit Kumar