

Faculty Details proforma for BDASM

Title	Mr.	First Name	MANOJ	Last Name	KUMAR	Photograph
Designation		YOGA INSTRUCTOR				
Address		PATHRI RAILWA STATION, PO – AMBUWALA DISTT- HARIDWAR				
Residence		9758105032				
Mobile		7248699506				
Email		manojgirig85@gmail.com				
Educational Qualifications						
Degree		Institution				Year
UG		B.A. from CCSU MEERUT				1999
PG		M.A.(YOGA) FROM UTTARAKHAND SANSKRIT UNIVERSITY HARIDWAR				2011
Diploma / certificate		PG DIPLOMA IN YOGA FROM HNB GARHWAL UNIVERSITY				2009
Career Profile						
AUG 2016 To Present – YOGA INSTRUCTOR, Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya Haridwar.						
Administrative Assignments						
1. Serving As YOGA INSTRUCTOR In BDASM College Haridwar From AUG 2016 To Present. 2. Member Of Several Committee's In Shri Bhagwandas Adarsh Sanskrit Mahavidyalaya Haridwar, 3. Appointed As Invigilator In Several Exams By College In Csu And Usvv Semester Exams 4. Appointed As Invigilator In Several Exams By College In UKPSC Exams. 5. Appointed As Co-Ordinator For Several Events Organized By BDASM College From 2016-Present 6. Worked For Students Welfare As Managing Task And Discipline Such As – Admissions, Exams, Elections, Seminars, Handling With Parents,Feedbacks Etc. 7. Appointed As Co-Ordinator IN “INTERNATIONAL YOGA DAY” At FRI Ground Dehradun.						
Areas of Interest / Specialization						
Yoga, naturopathy, alternative therapy, panchakarma, shatkarma, Etc.						
Subjects Taught						
Yoga ke adharbhut tatva, hathayoga ke siddhant, Anatomy, yoga Chikitsa, ahar poshan & yoga jeevan Shaili.						

Time table of the subjects taught during the current semester			
SN	NAME OF SUBJECT	DAYS IN WEEK	TIME OF CLASS
1	Yog siddhant, yoga practical, hathyoga, Anatomy	MON TO SAT	08:00 TO 12:40 PM
2	Bauddhik & sports	MON TO SAT	01:40 TO 03:30 PM

Conference Organization/ Presentations/ Workshop /(in the last three years)

- 1- Appointed as trainer for 7 days workshop subject ‘**ayurved vidyarthi vyaktitva vikas shivir**’ At Shri jagatguru ashram kankhal, haridwar From 1-7 july 2009.
- 2- Certificate of participation in “**yoga teacher training**” At patanjali yoga samite From 25-30 june 2009.
- 3- Presented a paper on Two days **Akhil Bhartiya Sanskrit Shodh Sammmelan** subject “**महाभारते कर्मयोगः**” from 4-5 March 2017 in BDASM College Haridwar.
- 4- Certificate of participation in “**yoga teacher training**” At patanjali yoga samite From 25-30 june 2009.
- 5- Certificate of participation in “**योग के लिए दौड़**” At Gurukul kangri university From 31 May 2017.
- 6- Coordinator for one day workshop subject “yoga vigyan and pathology” 28 feb 2023 in BDASM College Haridwar.
- 7- Certificate of participation in “**therapeutic application of yoga – 2nd national workshop**” At niramaya yogam research foundation From 7-11 March 2018.
- 8- Presented a paper on One day **Akhil Bhartiya Sanskrit Shodh Sammmelan** subject “**हठयोग प्रदीपिका मे मानवीय मूल्य**” from 30 March 2018 in BDASM College Haridwar.
- 9- Presented a paper on One day **Akhil Bhartiya Sanskrit Shodh Sammmelan** subject “**योगदर्शन मे प्रमाण विचार**” from 11 March 2019 in BDASM College Haridwar.
- 10- Certificate of participation in “**Drugless therapy through yog & naturopathy – 5th national workshop**” At niramaya yogam research foundation Haridwar & bdasm Haridwar From 26-30 Nov 2019.
- 11- Presented a paper on Two days **National Conference** subject “**षट्कर्म एवं पंचकर्म द्वार स्वास्थ्य संवर्धन**” on 27-28 March 2019 in COER school of management Roorkee.
- 12- Certificate of Appreciation On **One Day yoga therapy workshop** organized by Gurukul Mahavidyalaya Haridwar. From 20 March 2021.

13- Certificate of Appreciation On **International Yoga Convention** organized by shri bhagwandas adarsh Sanskrit college Haridwar. From 20 june 2022.

14- Certificate of Appreciation On **International Yoga Day** organized by shri bhagwandas adarsh Sanskrit college Haridwar. From 21 june 2022.

15- Certificate of participation in “ **Skill Development Program**” subject “सुजोक एवं आयुर्वेदिक एक्यूप्रेशर” At **Dev Sanskriti Vishwavidyalaya** From 01-06 june 2022.

16- Presented a paper on One day **Akhil Bhartiya Sanskrit Shodh Sammmelan** subject “योग: कर्मसु कौशलम्” from 26 March 2022 in BDASM College Haridwar.

17- Presented a paper on **two days national conference** subject “**temple culture in india**” on 28-29 Aug 2023 in BDASM College Haridwar

18- Attended a one day workshop subject “**yoga vigyan and pathology**” 28 feb 2024 in BDASM College Haridwar.

Special Achievements –

1. **Teacher Award 2020** Natyadeep Foundation, Sanskrit Mantralaya Bharat Sarkar.
2. **Teacher Award 2023** Given Uttaranchal Group Of Colleges, Pathri Haridwar. 2023