

CURRICULAM VITAE

Dr. Lalit Kumar

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Carrier Objectives

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

Profile

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

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

EDUCATIONAL QUALIFICATION

Qualification	N a m e o f I n s t i t u t i o n	Passing Year
B N Y S	Maharishi Aurobindo Subharti Institute of Naturopathy and Yogic Sciences, Swami Vivekananda Subharti University, Meerut	2 0 1 7

Professional Experience-

Worked as Yoga therapist at Naturopathy and Yoga Wellness Centre, SHKM Govt. Medical college, Nalhar, Nuh, Haryana under 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 Assistant Professor in Faculty of Naturopathy and Yogic Science, University of Patanjali, Haridwar, Uttrakhand, since September 2022.

SKILLS

Professional Strength

1. Experienced in holistic health streams like Yoga, Acupuncture, Swedish massage, Physiotherapy, Basic Ayurveda, Hydrotherapy, and Color therapy, Acupressure, Reflexology, Diet and Nutrition.
2. Notable interpersonal skills, with 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, creativeness, 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 to all the patients regarding Yoga, Naturopathy, Nutrition & Dietetics and life style 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 general people.
9. Taking follow up about regular treatment and prognosis of the patients.
10. I am professional qualified to diagnose the 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

CME on “Philosophy and basics of naturopathy and natural hygiene in NIN,Pune on 12-13 April 2017.

1. One day workshop on “Thai massage” in Subharti Naturopathy and Yoga College on 27 Sept. 2015.
2. National conference on “Yoga for wellness in life” in Dev Sanskriti Vishwavidyalaya, Haridwar on 9-11 march 2015.
3. National yoga week on “Yoga for middle aged” Organized by Morarji Desai National Institute of Yoga, New Delhi on 12-18 Feb.2015.
4. National yoga week on “Yoga for Youth” Organized by Morarji Desai National Institute of Yoga, New Delhi on 18-24 Feb. 2014.
5. National yoga week on “Yoga for adolescents” Organized by Morarji Desai National Institute of Yoga, New Delhi on 18-24 Feb. 2013.
6. International Conference on Naturopathy and Yoga 10th to 12th Feb. 2012 at Gayatri Vihar Place Ground, Bengaluru, Karnataka.

CAMPS ATTENDED

1. Participated in 15 days camp in kusthasram, vradhashram, and villages in Meerut before international yoga day 6 - 20 June 2015.
2. Participated in 7 days Naturopathy and yoga camp in an inter school Mawana Meerut.
3. Participated in 1 month camp in Nauchandi mela 4 may to 4 June 2016.
4. Participated in 1 day Yoga camp in various schools of Meerut and Mujaffarnagar, Uttar Pradesh.
5. Participated 1 day Yoga camp in Abdullahpur Meerut jail 2 times.

Special activities

1. Served as volunteer in symposium on “Recent updates in life style factors for preventing NCD’s in Subharti Medical college on 1 august 2015.
2. Given various group yoga performances on cultural programes in Swami Vivekananda Subharti University.
3. Participated All India University level yoga competition in 2014 (under Kurukshetra University) Kurukshetra Haryana.

4. Participated in 12 km Marathon competition at inter university level in 2015.
5. Participated in various cultural activities at inter university level

PERSONAL DETAILS.

Father's Name : Mr.Chandra Pal

Date of Birth : 16-04-1992

Age : 30 Years

Marital Status : Married

Languages Known : English & Hindi

Address : 46, Village and post Nistoli, Distt- Ghaziabad (U.P)

Nationality : Indian

Hobbies : Yoga, Cricket, Sports & Games, Reading.

GOAL:

1. Contribute to the growth of an institution.
2. Motivate others to deliver their best.
3. Spread the treatment of Naturopathy through 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