

## Resume

**Shubham Vishwakarma**



**Permanent Address**

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### **Career Objective:**

To inculcate the art and skill of creating inner-peace, harmonious relationships, and healthy living in fellow humans. Combining ancient yogic knowledge, with the latest modern psychology to deliver holistic development at physical, emotional, mental and spiritual levels, to achieve sustained happiness in today's materialistic world.

### **Academic Qualification:**

2021-Present **Himalayiya University**, pursuing Doctor of Philosophy (Ph.D) in Yoga.

2019-2021 **Kumaun University, D.S.B Campus**, Masters of Art in Yoga & Alternative Therapies, secured 1st division.

2021 **Board of School Education**, Uttarakhand Teacher Eligibility Test - 1

2017-2019 **National Institute of Open Schooling**, Diploma In Elementary Education, secured 1st division.

2017-2019 **Kumaun University, D.S.B Campus**, Masters of Commerce, secured 2nd division.

2014-2017 **Kumaun University, D.S.B Campus**, Bachelor of Commerce, secured 2nd division.

2012-2014 **St. Joseph's College, Nainital (ISC)** Senior School Education, secured 1st division.

2010-2012 **St. Joseph's College, Nainital (ICSE)** Secondary School Education, secured 1<sup>st</sup> division.

## **Achievements:**

- Presented a research paper in an **International Conference** on Role of Yog and Indian Culture in Developing a New World, organized by **Department of Yogic Science, Swami Vivekananda Research & Study Centre, Soban Singh Jeena University, Almora**, held on 16th April to 18th April, 2023.
- One year computer diploma certificate from Global Computer Academy.
- Co-authored a book “दार्शनिक पृष्ठभूमि में योग का स्वरूप” ISBN:978-93-91377-29-8 in the year 2022.
- Worked as an **organising committee member for a Yogasana Competition** organised by D.S.B Campus, Kumaun University, Nainital.
- Participated in a **Yoga Competition** organised by Department of Yogic Science, D.S.B Campus, Kumaun University, Nainital.
- Participated in an **International Conference** (Virtual) on the occasion of International Yoga Day Titled "Promotion of Human Values Through the Practice of Yoga and Transcendental Meditation", Organized on June 21, 2022 by **Department of Yog, Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Karoundi, Katni (M.P.)**.
- Participated in an **International Webinar** on "Insights on holistic wellness from yoga sutra" as a part of 8th International Day of Yoga organized by **Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research** (Deemed to be University), Chennai on 26-05-2022.
- Participated in an **International online webinar** on "Yoga therapy in Ancient Scriptures" on the eve of 8 th International Day of Yoga- 2022 organized by **Yoga works, Chennai and Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research** (Deemed to be University), Chennai held from 10th June 2022 to 12th June 2022.

- Presented a research paper in an **International Conference** on Indian traditional yoga system theory and practice organised by the **Ministry of Ayush, Government of India**, held on 24th to 26th May, 2022 at Department of Yogic Science, Gurukula Kangri(Deemed to be University).
- Presented a research paper in the **National Seminar** on ancient wisdom and the contemporary universe organised by **ICPR** held on 30th, 31st October and 1st November, 2021 at D.S.B Campus, Kumaun University, Nainital.
- Participated in a **Yoga Competition** organised by Department Of Yogic Science, D.S.B Campus, Kumaun University, Nainital and secured **1<sup>st</sup> position**.
- Presented a research paper in the **National Conference** on current status and opportunities of medicinal plant research organised by **SRICC** held on 6th and 7th March, 2021 at D.S.B Campus, Kumaun University, Nainital.
- Participated in the **Inter Collegiate Yoga Competition** organised by Shri Chandra Singh Shahi Government Degree College held on 1st November, 2019 at Kapkot, Bageshwar.
- Presented a research paper in the **National Seminar** on Yoga, Naturopathy & Holistic Health organised by **UCOST** held on 26th-28th August, 2016.

### **Experience:**

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- 9 months experience as a PGT Yoga in Beersheba Senior Secondary School, Haldwani.
- 5 years' experience as a TGT Physical Instructor in Oakwood School, Nainital.
- 2 years' experience as a TGT Yoga in Oakwood School, Nainital.

### **Hobbies:**

Writing articles and research papers, playing football and chess, and hiking.

**Languages:**

English and Hindi

**Declaration:**

I hereby declare that the above mentioned details are true to my knowledge and nothing has been concealed.

**Signature:**

A handwritten signature in black ink, appearing to read "Harma". The signature is written in a cursive style with a small dot above the 'a'.

**Date: 07th May, 2023**