

CURRICULUM VITAE

Dr. RAGHAV KUMAR VERMA

Address – Rajim
District – Gariyaband (C.G.)
Pin Code – 493885
Mobil – 8650027575
Email – yogiraghav24verma@gmail.com



Personal Profile

Father's Name – Galaw Prasad
Mother's Name – Dhaneshwari
Wife – Shivaneer Verma
Date of Birth – 24/03/1989
Nationality – Indian (By Birth)
Language Know – Hindi , English

Educational Qualification

NAME OF EXAM	SCHOOL/UNIVERSITY	SUBJECTS	%
PhD	MATS UNIVERSITY	Yoga	Qualified
UGC NET	NTA	Yoga	Qualified
YCB Level – 03 Yoga Certification Board	AYUSH Ministry New Delhi	Yoga	Qualified
PGDCA	CV Raman University Bilaspur	C++, MS Office, Tally, Introduction of Computer, etc.	75.38
Post Graduate Diploma in Yoga	D.S.V.V. Haridwar	Human Consciousness, Yoga Therapy, Diet, Acupressure, Alternative Therapy	72.76
Diploma in Nutrition (DNHE)	IGNOU	Education & Health, Social Health, Nutrition & Health	57.5
M.A. Yoga	UOU Haldwani UK	Fundamental of Yoga, Hath Yoga, Statistics, Research Methodology	76.3
M.A. Political Science	Pt.R.S.S. University Raipur	Indian Government, Public Administration, Freedom in India	47
Bachelor of Arts	Pt.R.S.S. University Raipur C.G.	Hindi, English, Sociology, Political Science, Hindi Literature	50.50
Intermediate	C.G. Board Raipur	Hindi, English, History, Geography, Political Science	66.8
High School	C.G. Board Raipur	Hindi, English, Maths, Science, Social Science, Sanskrit	57.6

Teaching Experience

- Working as an Assistant Professor at **MATS UNIVERSITY RAIPUR CG.**
- 2 Year teaching experience in **Pt. SUNDARLAL SHARMA OPEN UNIVERSITY BILASPUR CG.**
- 2 Year teaching experience in **Dev Sanskriti Vishwavidyalaya Shantikunj Haridwar U.K.**
- 2 Year teaching experience as Yoga Therapy Healer under **Chhattisgarh Yog Association**
- 2 Year 6 month experience in **Patanjali Yoga Peeth Haridwar (Yoga Pracharak)**
- State Council of Educational Research & Training Chhattisgarh (**SCERT RAIPUR**) 2016-19

Books and research paper publications

- Raghav Kumar et al. Anuprayukt Yoga. 2022, ISBN: 978-93-91965-07-5
- Raghav Kumar et al. Yoga manovigyan. 2022, ISBN: 978-93-91965-01-3

- Raghav Kumar Verma, Yoga and Stress Management, 2023, International Journal of Physical Education and Sports, Volume: 8, Issue: 11, Pages: 01-04
- Raghav Kumar Verma, Effect of Pranayama and Meditation on Academic Achievement and Leadership of Deaf and Dumb Students, 2024, International Journal of Physical Education and Sports, Volume: 9, Issue: 01, Pages: 05-09
- Raghav Kumar Verma, Physiological Effect of Ashtang Yoga on Expiratory Reserve Volume, 2023, International Journal of Physical Education and Sports, Volume: 8, Issue: 08, Pages: 05-10

Paper presentations on national seminar

- छात्र जीवन में नैतिक मूल्यों के विकास हेतु सहायक योगपरक शिक्षा, 2024
- योगपरक शिक्षा का सार्वभौमिक शैक्षिक महत्व, 2024

Seminar/conference/Attended

- Morarji Desai National Institute Of Yoga (National Yoga Week 2014) Dated 12/02/2014 To 18/02/2014
- Haryana Yoga Council, Dept. Of Ayush, Govt. Of Haryana
- Nation Seminar On Mental Health Challenges & Remedial Approaches (MHCRA – 2014) SPONSORED BY: ICSSIR (NIS) New Delhi, Organized By: Dept. Of Psychology Gurukul Kangri University, Haridwar (Uttarakhand) India (February 15-16,2014).
- National Seminar On NEUROTHERAPY Dated (15th April 2014) Successfully At Dev Sanskriti Vishwavidyalaya Haridwar In Department Of Yoga & Health An Autonomous Organization Under Dept. Of AYUSH Ministry Of Health & Family Welfare, Govt.Of India.
- Akhil Bhartiya Prakritik Chikitsa Parisad Rajghat Colony New Delhi. Dated 03/01/2014 To 05/01/2014
- Advance Physiotherapy Sports Injury Centre One Day Workshop On “How To Become A Good Health Advisor / Trainer “Held At Dsvv, Haridwar On 17th August 2014.

Extra Curricular Activity

- International Yoga Days Master Trainer 2015-16-17
- N.C.C Certificate 2007
- Disaster Management & Model Village (01/06/2013 to 05/06/2013)

DECLARATION

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

Place.....

Date.....

Dr. RAGHAV KUMAR VERMA