

Curriculum vitae

Dr. Charchit Kumar

Personal Details:

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Citizenship: India

Academic Credentials:

Course	University/Board	Year	Division	Percentage
Graduation	Gurukula Kangri (Deemed-to-be University)	2014	2 nd	58.9 %
M.A. in Yoga Science	Gurukula Kangri (Deemed-to-be University)	2016	1 st	70.33 %
Ph.D. in Yogic Science	GurukulaKangri (Deemed-to-be University)	Completed in 2020		
Diploma in Naturopathy Yogic Science	Akhil Bhartiya Prakritik Chikitsa Parishad	2022	1st	63 %

Teaching and Research Interest:

- Yoga Philosophy
- Hatha yoga
- Upanishads
- Alternative Therapy

Awards and Honor's:

- ✚ Awarded **National Eligibility Test** For Assistant Professor from UGC, January 2018.
- ✚ **JRF Award** from ICPR, September 2018.
- ✚ **Young Scientist Award** from UCOST and Chaman Lal Mahavidyalaya Landdhaura, Haridwar during 20th - 21th Oct. 2020.
- ✚ **Letter of Appreciation** – Received letter of appreciation from Dean Academics for Significant Contribution in Organizing “All India Inter University Power Lifting (Women) Championship” from 9 to 12 March,2023 at Central University of Himachal Pradesh.

Completed Online Course:

- ❖ Covid 19: Helping Young People Manage Low Mood and Depression, 2-week course completed, Organized by **University of Reading**.
- ❖ Covid 19: Tackling the Novel Coronavirus, 3-weeks course completed Organized by **UK Public Health Rapid Support Team London School of Hygiene & Tropical Medicine**.

Paper Published:

Articles published in SCOPUS and UGC-Care listed Journal

- हठयोग प्रदीपिका में चित्त का स्वरूप, Journal of Interdisciplinary Cycle Research, July 2021 (International Journal Single Author)

UGC-Care Listed Published articles

- औपनिषद् परम्परा में अन्तर्निहित वैश्विक-शांति के सन्दर्भ, Amnayiki July 2022 (International Journal Single Author).
- श्रीमद्भगवद्गीता प्रोक्त योगतत्त्वान्वित, The Journal of Oriental Research Madras, June 2021 (International Journal Single Author).
- Published a Paper/Article in Vaidik Vag Jyoti- UGC Care Listed International Refereed Research Journal Vol. 10 No. 16 January to June 2021 (ISSN: 22774351) entitled योग दर्शन में प्रतिपादित अभ्यास तथा वैराग्य (व्यास एवं भोज वृत्ति के संदर्भ में) (International Journal Single Author)

- Published a Paper/Article in "Shodh Prajna-UGC Care Listed Biannual Refereed Research Journal Year 8th Vol. 1 July to December 2020 (ISSN: 23479892) entitled योग सूत्र में वर्णित साधना मार्ग (International Journal Single Author)
- आर्ष परंपरा में ध्यान योग मीमांसा, Drishtikon, January 2020 (International Journal Single Author)
- कबीर की साधना स्वरूप विश्लेषण, Gurukul Patrika, January 2018 (National Journal Double Author)

Old UGC-Approved published articles

- Published a Paper/Article in International Journal of Information Movement, Vol. 2, Issue-XI, March 2018; Impact Factor 1.575 (IFSIJ)ISSN: 24560553; entitled योग दर्शन में कैवल्य का स्वरूप
- Published a Paper/Article in Akshar Journal Vol.: 13, ISSUE – 03, (ISSN: 22782338), March 2019, Impact Factor 5.2 UGC Approved Journal Sr. No. 41061; entitled पातंजल योग सूत्र के अनुसार ईश्वर का स्वरूप
- Published a Paper/Article in International Journal of Research in Social Science, Vol. 9, Issue-3(2), March 2019; Impact Factor 7.081, ISSN: 22492496; entitled भक्ति योग ईश्वर प्राप्ति का एक मुख्य मार्ग
- Published a Paper entitled ब्रह्म का स्वरूप उपनिषद् मत in a Journal of Emerging Technologies and Innovative Research: Vol. 6, Issue – 4, April 2019, ISSN: 23495162, Impact Factor 5.87.
- Published a Paper/Article in 'Pavmaani' (32/2, (ISSN: 22296328), July 2018, entitled उपनिषदों में जीव तत्व निरूपण

Paper Present in Conference and Seminar:

- Presented a Paper entitled योग द्वारा स्वास्थ्य संवर्धन के सिद्धांत in National Seminar on 'INNOVATIVE TRANDS FOR PROFESSIONAL SKILL DEVELOPMENT IN YOGIC SCIENCE' organized by Dept. of Human Consciousness and Yogic Science, Faculty of Medical Science & Health, Gurukul Kangri Vishwavidyalaya, Haridwar; Sponsored by Ministry of AYUSH Govt. of India from 27-28 March 2017.
- Presented a Paper entitled **Yogic Management and Diabetes** in a National Conference on 'YOGIC MANAGEMENT OF LIFE STYLE DISORDER'

Organized by Dept. of H. Cons. & Yogic Science, Gurukul Kangri University, Haridwar during 30-31 March 2015.

- Presented a Paper entitled **WORLD PEACE & YOGA** in a National Seminar on 'WORLD PEACE & HARMONY THROUGH YOGA' Organized by Dept. of H. Cons. & Yogic Science, Gurukul Kangri University, Haridwar & Patanjali Yogdham Trust, Jwalapur, Haridwar during 02-03 April 2016.
- Presented a Paper entitled **Aitreya Brahman Me Mann Ka Swaroop** in a National Seminar on Aitreya Brahmanae Vividh Jnana Vijnanam Organized by Swami Samrpananand-Vedic-Shodh-Sansthanam during 13 Jan. 2019
- Presented and Published a Paper entitled **Kabir Ke Ram** in INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH Sponsored By: ICPR during 31 March to 02 April 2019.
- Paper presented entitled "वैश्विक शांति में भगवान बुद्ध की शिक्षा" in one day National Webinar on Pandemic and Lord Buddha organized by Department of Philosophy, Arya Mahila P.G. College Varanasi U.P during June 19, 2020.
- Presented a Paper entitled "**Yoga Management to Fight Epidemics and Improve Immune System**" in a National Seminar on Climate Change Water Availability and Food Security: Impacts & Sustainable Management Organized by UCOST and Chaman Lal Mahavidyalya Landdhaura, Haridwar during 20th - 21th Oct. 2020.
- Presented and Published a Paper entitled धार्मिक उन्माद एवं उसका औपनिषदिक समाधान in **International Conference on Indian Traditional Yoga System Theory and Practice** Organized By: Department of Yogic Science, Gurukula Kangri (Deemed to be University, Haridwar Sponsored By: **Ministry of AYUSH, Govt. of India, New Delhi** from 24 to 26 May 2022.

Workshops Attended:

- 2nd National Workshops on **Yoga and Alternate Therapies** 09-15 March 2015 Organized by Department of Human Consciousness and Yogic Science Gurukul Kangri University, Haridwar.
- National Workshops on **Marma Therapy : Principles & Application** 07-08 December 2015 Organized by Department of Human Consciousness and Yogic Science Gurukul Kangri University, Haridwar.

- National Workshops on **Yoga and Alternate Therapies** 30 March to 05 April 2017 Organized by Department of Human Consciousness and Yogic Science Gurukul Kangri University, Haridwar.
- National Workshops on **Sanskrit Sanvardhan** 24-25 June 2019 Organized by Department of Sanskrit, GKV Haridwar and Bhartiya Bhasha Manch Delhi.
- National Workshops on Research Methodology 27 Jan. to 02 Feb. 2020 Organized by Gurukul Kangri University, Haridwar.
- International Workshops on **Publishing Quality Research Papers and Books** Organized by Cambridge University Press and FMS, GKV Haridwar.
- Three Days National Workshop/Training Programme on **Yoga and Holistic Health** 04-06 March 2020 Organized by Pandit Madan Mohan Malviya National Mission on Teachers and Teaching and HNB Garhwal University Srinagar Garhwal Uttarakhand.
- Completed One week Online National Workshop on **“Interdisciplinary Research Methodology, ICT Application & Innovations in Teaching Learning Process”** organized by St. Francis De Dales College, Nagpur during June 8-12, 2020.
- Participated in one week CEC Sponsored workshop on **“Faculty Development Program on Massive Open Online Course (MOOCs): Design, Development & Delivery”** from 15th March,2023 to 21st March, 2023.

Webinars and Other Activities:

- Participated in two days National Webinar on **“Relevance of Yoga in Present Scenario”** organized by S.L. Bawa D.A.V. College, Punjab and sponsored by **ICPR** during July 03-04, 2020.
- Participated in Webinar on occasion of **“International Day of Yoga-2020”** organized by Shree Sankara College Kalady and sponsored by **ICPR** during July 1, 2020.
- Participated two days national Webinar on **“Yogic and Naturopathic remedies to save humanity from Covid-19 Pandemic”** organized by Moolji Jaitha College, Jalgaon during June26-27, 2020.

- Participated in Five Days National Webinar on **“Role of Yoga in Health Hazards During Covid-19 Pandemic”** Organized by Degree College of Physical Education, Amravati during June 17-21, 2020.
- Participated in **19 days Yoga Training Camp** organized by Gurukula Kangri Vishwavidyalaya Haridwar during June 03-21, 2019.
- Participated in the **Arogya Sangoshti** on Yoga/Ayurveda held on May 6, 2018 in Pragati Maidan, New Delhi.
- Participated in the **National Seminar on Vedic Wisdom, Cultural Inheritance & Contemporary Life** Organized by Dev Sanskrit Vishwavidyalaya, Haridwar and sponsored by **ICPR New Delhi** during Feb 23-25, 2018
- Participated in **“International Yoga Festival-2016”** organized by GMVN Rishikesh during 01-07 March, 2016
- Participated in **“Run for Yoga on the occasion of International Day of Yoga”**, Organized by Gurukula Kangri Vishwavidyalaya Haridwar and UOP Haldwani during June 12, 2015.