

Curriculum vitae



PERSONAL INFORMATION

Name : DR. BHARAT LAL BARI
Father : SHIVRAM BARI
Date of Birth : 1 July 1990.
Sex : Male.
Nationality : Indian.
Marital Status : married
Languages Known : English, Hindi.
Hobbies : Reading, Swimming, Traveling.

OBJECTIVE

To attain a challenging career in an organization where the combination of my knowledge, hardworking capacity, innovative and creative thinking will aid to achieve the company's goal and then my own growth.

EDUCATIONAL QUALIFICATION

S.NO.	QUALIFICATION	NAME OF BOARD & UNIVERSITY	YEAR OF PASSING	OBTAIN MARKS	PERRCENTAGE
01	10 th	M.P. BOARD BHOPAL	2006	313/500	62.6%
02	12 th	M.P. BOARD BHOPAL	2008	272/450	60.44%
03	B.A.(HUMAN CONSCIOUSNESS & YOGIC SCIENCE)	M.G.C.G.V. CHITRAKOOT	2011	GPA	7.1%
04	M.A.(HUMAN CONSCIOUSNESS & YOGIC SCIENCE	B.U. BHOPAL	2013	703/1000	70.3%
05	PH.D.(YOGA), Award				

WORK EXPERIENCE

- Project yoga teaching training work at **KAIVALYA DHAM YOGA TRAINING CENTER BHOPAL** by M.P. Govt. higher Education in SHEOPUR Degree college from 21/01/2013 to 03/03/2013
- I had been worked M.D.N.I.Y [MORARJI DESAI NATIONAL INSTITUTE OF YOGA] an autonomous Organization under department of AYUSH , ministry of health & F.W., Govt. of India date – 01/7/2013 to 31/7/2014
- Project yoga teaching training work at **KAIVALYA DHAM YOGA TRAINING CENTER BHOPAL** by M.P. Govt. higher Education in ANUPPUR TULASI DEGREE COLLEGE from 18/09/2014 to 01/11/2014
- I had been worked Under the ARMY HEADQUARTER IN 4 DELHI BATALION N.C.C. post of Yoga instructor 06/04/2015 to 21/06/2015
- Project yoga teaching training work at **KAIVALYA DHAM YOGA TRAINING CENTER BHOPAL** by M.P. Govt. higher Education in BAGALI COLLEGE from 04/01/2016 to 14/02/2016

- I had been worked in SAINIK SCHOOL KUNJPURA KARNAL (HARYANA) under DRDO Ministry of Defence from 23 may 2016 to 28 may 2016.
- I Have been working GOVT. AYURVEDIC HOSPITAL KHAPTIHAKALAN BANDA [U.P.], From 07-03-2020 to Now

RESEARCH WORK

- I have been worked in JAY PRAKASH NARAYAN GOVT. DISTRICT HOSPITAL GAYA BIHAR, NPCDCS PROGRAM, CCRAS under Ministry of AYUSH from 20-06-16 to 08-01-2020

JOB PROFILE

- Yoga Therapy , Meditation & Mantra Chanting
- Advance Posture of Yoga Asana
- Shudhdhi Kriya
- Curing period related stress of women through yoga .
- Motivating children and making them concentrate in study through yoga .
- Providing remedy through yoga to varicose patients and paralysis affected .
- I am at training people
- Training people to achieve peace and mental ability through meditation and spirituality
- Training people to keep them away from stress and related diseases .
- Provide wellness treatment for diabetic affected .
- Therapeutic training given to people affected with stomach and ulcer.

CO-CURRICULAR ACHIEVEMENTS

- Achieved many certificates in Debate competition in school level and state level also.
- Participate from N.S.S.
- 2Months Experience Yoga Instructor in Goa.
- 42 days I have work from Sheopur in MADHYA PRADESH as Course conductor
- 42 days I have work from Anuppur Tulasi Degree College as Course conductor .
- Participate in national seminar 17 march 2013 yoga as an effective way of inculcating values in teenagers .
- I have published two international Research Papers.

DECLARATION

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

Date: / /

Place:.....

Dr.Bharat Lal Bari