

CURRICULUM VITAE

Dr. Ramnarayan Mishra

Add- C-4/9 SRHU, Staff Quarter Jolly

Grant, Dehradun U.K-248140,

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CAREER OBJECTIVE:

An excellent communicator, confident in dealing with people from all walks of life, ambitious and focused towards improvement, seeking a challenging career to practice the knowledge and experience gained.

ACADEMIC QUALIFICATION:

Sr.	COURSE	PASSING YEAR	SUBJECT	DIVISION	INSTITUTE/BOARD
1	High School	2006	As per U.P. Board	Second	U.P. Board Allahabad
2	Intermediate	2008	As per U.P. Board	Second	U.P. Board Allahabad
3	Bachelor in yogic science (Graduation)	2011	Yogic Science	First	Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya, Satna M.P. Govt. University
4	Master in yogic science (Post Graduation)	2013	Yogic Science	First	Barkatullah University Bhopal, M.P Govt. University
5	Ph.D. (Yoga) Award	2020	Yogic Science		Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya, Satna M.P. Govt. University

6. CLEARED UGC- NATIONAL ELIGIBILITY TEST (NET) YOGA – JUNE 2019

7. AWARD JUNIOR RESEARCH FELLOW (JRF) IN DRDO- March 2015.

PRESENT POSITION

- Working as **Assistant Professor Department of Yoga Science & Holistic Health** at Swami Rama Himalayan University (SRHU) Jolly Grant, Dehradun, Uttarakhand -248140, Since April 2021 to till date.
- **EXPERIENCE**
- Worked as **Senior Research Fellow** (Pay-43400) in Department of Neurology **All India Institute Of Medical Sciences (AIIMS)** New Delhi. Since December 2020 – March 2021.
- Worked as **Project Assistant III (Sr. Yoga Expert)** (Pay-43400) PM in CSIR-Traditional knowledge Digital library New Delhi 67, Since August 2018 – March 2020.
- Working as a **Guest faculty of yoga (Assistant Professor)** Netaji Subhash University of Technology (NSUT) Delhi Govt., Dwarka, Delhi, Since- Aug 2019.
- 3.6 year experience **JRF Yoga** (Pay- 32500) PM from Defence Institute of Physiology & Allied Sciences, DRDO, Delhi, 110054.
- Working experience as a **Yoga Teacher** (Pay-40000 PM) Jindal Nature cure Institute Bangalore.
- 08 Month experience as **Yoga Teacher** Pay-21250 PM from K.V. IFFCO Aonla Bareilly (U.P)
- 10 Month experience as a **Yoga Instructor** (Pay 12000 PM) from Swami Vivekananda District Wellness Centre Lakhimpur Kheri (U.P).

ACHIEVEMENTS:

- Awarded **CHANCELLOR'S GOLD MEDAL** for standing **FIRST** in **Bachelor of Arts (Human consciousness & yogic science)** examination 2011.
- Experience of yoga training & Research to troops of various Indian Armed forces.
- Received many appreciation letters for yoga training & research from unit commanding officers.
- Worked on digitalization of India's traditional knowledge on yoga.

MEMBERSHIP

- Academic Council Member at Shri Kallaji Vadic University, Nimbahera. Board of
- Studies chairperson at Shri Kallaji Vadic University, Nimbahera.

Academic Publication Editor

- Editors, International Journal of Yoga, and Physiology and Physical Education (IJYPPE).

NAAC Work

- NAAC Member at Swami Rama Himalayan University (SRHU) Jolly Grant Dehradun, U.K

RESEARCH & PUBLICATION

- ध्यान योग द्वारा तनाव प्रबंधन- (VEDANJALI)2019; ISSN 2349-364X(An International Refereed Research Journal). Impact factor 2.193.
- मानसिक स्वास्थ्य एवं प्राणायाम एक अनुशीलन- (SHABDANOV)2019; ISSN 2395-5104(An International Refereed Research Journal) Impact factor 2.206.
- मानसिक रोगों का क्रिया योग द्वारा प्रबंधन-:(SHABDANOV) 2019; ISSN 2395-5104(An International Refereed Research Journal) impact factor 2.206.
- वेदांत साधना की षट् सम्पत्ति: का मानव जीवन में महत्त्व-; International journal of research in Social Science, ISSN- 2449-2496 JUNE 2019 UGC Approved Impact factor 7.081.
- **Stress Management through Yoga Perspective of Students in International Journal of Yoga, Physiotherapy and Physical Education.** ISSN. 2456-5067. 2020 impact factor 5.24
- **Perceived stress, metabolism and cardiovascular functions of healthy Indian men at moderate altitude: effect of a one-month yogic intervention:** International Journal of Physiology, Nutrition and Physical Education 2018, 3(1): 2140-2147, ISSN: 2456-0057.
- **Role of Yoga in Stress Management-** in Journal of Interdisciplinary Cycle Research h, 2020, ISSN NO: 0022-1945- UGC Approved, Impact Factor-6.2 .
- संस्कृत साहित्य में वर्णित तंत्र योग की अवधारणा – Journal of Interdisciplinary cycle Research, 2021 , ISSN NO: 0022-1945- UGC Approved, Impact Factor-6.2 .
- **Importance of Yoga in boosting Immunity-** The International journal of analytical and experimental modal analysis, UGC Approved Volume XIII, Issue V, May/2021 ISSN NO:0886-9367.
- प्राण तत्त्व एवं प्राणायाम -Wutan Huatan Jisuan Jishu, UGC Approved Volume XVII, Issue VII, July/2021 Volume XVII, Issue VII, July/2021.
- Published 7 research papers in National and international seminars Attended many seminars & conferences at different yoga departments.

Poster presentation

- Improvement of physical and physiological fitness of healthy Indian soldiers after one month yogic training” at 21st INCOFYRA, S-VYASA Yoga University Bangalore, January 2016.
 - Effect of one month yogic training on blood pressure of active men " at 21st INCOFYRA, S-VYASA Yoga University Bangalore, Jan. 2016.
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Yoga Training and Workshops offered:

- DRDO-LRDE Yoga for Health Promotion under DRDO employees, Bengaluru. December 2015.
- National Workshop on ICT in rural development MGCGV Chitrakoot, May 2016.
- RPF Training Centre, Maula Ali, Hyderabad conducted Imparted Yoga Training for officers and staff. April 2016.
- Imparted Yoga Training and research for 19th Battalion of Madras Regiment. April 2105.
- Project DIP 261, Imparted Yoga Training to Troops with research analysis 5th Medium Regiment, Meerut. May 2015.
- Training of trainers for RTC- CRPF, Srinagar, J&K. May 2016.
- Project DIP 261, Yoga Training research analyses at SSB Unit and ITBP, Dhirang, Arunachal Pradesh. April 2017.

Participation in major research projects:

- DIP 261 (MS) DIPAS-DRDO, Effects of Yoga in high altitude areas. 2015-2018.
- MLP0001, CSIR-TKDL unit, Digitization of Indian Traditional Medicine.2018-2020

LANGUAGES KNOWN:

English: Speak, read and write
Hindi: Speak, read and write

COMPUTER PROFICIENCY:

Knowledge of fundamental computer application, internet,M.S. office & Power point. Able to type English.

HOBBIES & INTEREST:

Reading Books, Yoga, Travelling Interacting with new people.

STRENGTHS:

Optimistic,
Positive attitude
Quick learner & a
good team player
Socializing & Outgoing nature

PERSONAL DETAILS:

- **Name:** :Dr.Ramnarayan Mishra
- **Date of birth** : 15-07-1991
- **Father's name** : Mr. Arun Kumar
- **Mother's name** : Smt. Rama Devi
- **Marital Status** : Married
- **Nationality:** : Indian

REFERENCES

1. Dr. Jitendra Kumar Sharma, Professor (Yoga), IGNTU, Amarkantak, M.P.
contact no 09755653140.
2. Dr. Montu Saha Sc.(F) Head Exercise Physiology & Yoga division , DIPAS-DRDO
Lucknow road Timarpur Delhi contact no.9868584848.

DECLARATION:

I hereby certify that the information stated above is true to the best of my Knowledge & belief.

Date -

(DR. RAMNARAYAN MISHRA)