

RAMA ARYA

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EDUCATION

Master of Philosophy

RKM Vivekananda Educational & Research Institute

2022

Howrah

•Subject: Yoga, •Percentage: 7

Master Diploma in Panchagavya Therapy

Bharat Sevak Samaj

2018

Chennai

•Subject: Panchagavya, •Percentage: 78.4

Master of Arts

Uttarakhand Open University

2017

Haldwani

•Subject: Yoga, •Percentage: 67

Diploma in Ayurveda Medical Science

Bharat Sevak Samaj

2017

Chennai

•Subject: Ayurveda •Percentage: 88.4

Diploma in Ayurveda Medical Science

Bharat Sevak Samaj

2017

Chennai

•Subject: Ayurveda •Percentage: 88.4

Diploma in Naturopathy & Yogic Science

Akhil Bharatiya Prakritik Chikitsa Parishad

2016

New Delhi

•Subject: Naturopathy & Yoga •Percentage: 70.3

Post Graduate Diploma

Dev Sanskriti Viswa Vidyalaya

2017

Haridwar

•Subject: Yoga •Percentage: 75.1

Bachelor of Science

Dev Sanskriti Viswa Vidyalaya

2014

Haridwar

•Subjects: CS, Mathematics & Pshycho •Percentage: 61.3

Senior Secondary Education

Board of Secondary Education Rajasthan

2010

Ajmer

•Subjects: PCM •Percentage: 58.2

Secondary Education

Gujarat Secondary & Higher Secondary Education Board

2006

Badodara

•Subjects: Hi •Percentage: 88.2

ABOUT

Currently, I am pursuing PhD in RKMVERI.

LANGUAGES

Hindi



English



Sanskrit



Gujarati



Bengali



SKILLS

Programing Languages

C++



Software & Tools

Tally



Operating Systems

Windows



Linux



Extra Skill

Vehicle Driving



Public Dealing



SCHOLARSHIPS

JRF UGC-NET

PhD(Yoga)

2023-

RKMVERI

Swami Vivekananda Merit-cum-Means Scholarship

MPhil

2019 - 2022

RKMVERI

EXPERIENCES

Paper Presentation/Resource Person

Paper/Topic/Program Title	Role	Presentation Venue	Date	Conference
One Day Work-shop on Science of Pranayama	Stage Anchor	RKMVERI, Belur Math	09/06/2024	National
Pranayama and Sun Salutation	Resource Person	BHU, Varanasi	24/09/2023	International
How Sun Salutation induces Prana to be expanded?	Paper Presenter	BHU, Varanasi	23/09/2023	International
A Systematic Review on <i>Pañcakarma</i> Based <i>Āyurveda</i> Treatment in Knee Osteoarthritis	Poster Presenter	IKS, IIT Roorkee	25/08/2023	International
Interconnectedness of cause of suffering <i>Sāmkhya</i> , <i>Yoga</i> and <i>Āyurveda</i>	Paper Presenter	Vivekananda Kendra Kanyakumari	26/02/2022	National
The concept of Perspective <i>Āhāra</i> : An Ayurvedic and Yogic Perspective	Paper Presenter	Mohanlal Sukhadia University, Udaipur	16/07/2021	National

Teaching Experience

Yoga & Naturopathy Expert

Vishwa Yoga Bharti, Education & Holistic Society

01/08/2017 - 13/12/2018

Sri Ganganagar

Yoga Teacher

Choudhary Balaram Memorial Secondary School

25/07/2015 - 24/07/2017

Hanumanagar

Trainings & Certifications

Bharat Yoga Mala & National Seminar on Science of Yoga

Dept. of Yogic Art & Science

26/05/2024

Visva-Bharati University, Santiniketan

Three day Yoga Camp

IIM

10/02/2024 - 11/02/2024

Ranchi

Departmental observership cum Training

Dept. of Integrative Medicine

23/03/2022 - 02/01/2023

NIMHANS, Bengaluru

Basic Course in Yoga for Mental Health

Dept. of Integrative Medicine

01/02/2023 - 28/02/2023

NIMHANS, Bengaluru

Primar on Tobacco Cessation

Dissertation of M.Phil

A Systematic Review on Pañcakarma Based Āyurveda Treatment in Knee Osteoarthritis (Jānu Saṃdhigata Vāta)

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RKMVERI, Belur Math, Howrah

•Dept. of Sports Science & Yoga

RESEARCH

Research Thrust Area

Exploring the role of Pranayama (especially Alternate Nostril Breathing Technique (Nādī Śōdhana Prāṇāyāma)) as an addon tool to the conventional care of addiction (especially opium addiction in Western Rajasthan).

Current Area of Research

Determining the best suitable Alternate Nostril Breathing Technique (Nādī Śōdhana Prāṇāyāma) based on the Triguna, Tridosha and psychosomatic personality profile of the Yoga practitioners.

PUBLICATIONS

Journal Articles

- R. A. et al., "Interconnectedness of causes of suffering: Sāmkhya, yoga and āyurveda," *Manuscript Preparation*, -.
- R. A. et al., "A systematic review on pañcakarma based āyurveda treatment in knee osteoarthritis (jānu saṃdhigata vāta)," *International Journal of Ayurvedic Medicine*, vol. 14(1), 2023, ISSN: 0976-5921.