

CURRICULUM VITAE

Rahul Singh Chauhan

Yoga Instructor

Department of Yoga Education

Morarji Desai National Institute of Yoga

Passport No- N6653911



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Present Address : 157/303, Gyan Khand-1, Indirapuram, Gahziabad, U.P. -201012
Father's Name : Shri Rajpal Singh
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OBJECTIVE:-

TO FOLLOW THE COMMANDMENTS OF DIVINITY TO MY HIGHEST POTENTIALITY.

WORK EXPERIENCE:-

- ❖ **WORKING AS A YOGA INSTRUCTOR IN MORARJI DESAI NATIONAL INSTITUTE OF YOGA UNDER M.SC., B.SC., D.Y.SC., CCYWI FOR PARAMILITARY FORCES FROM 19TH AUG 2014 TO TILL NOW.....**
- ❖ Worked with **Morarji Desai National Institute Of Yoga (MDNIY)** ---(8 months)
 - At MDNIY in December 2011 for Foundation Course.
 - At CGHS Dispensary R.K. Puram in February, 2012 for Yoga Therapy.
 - At CGHS Dispensary Mangalapuri in March-April, 2012 for Yoga Therapy.
 - At Vallabhbai Patel Chest Institute & Hospital, Delhi University in May-June, 2012 for Yoga Therapy.
 - At LalaRamSwarup Institute of Tuberculosis & Respiratory Disease July-August, 2012 for Yoga Therapy.
- ❖ Conduct a camp of one month duration at **Moser Baer India Pvt. Ltd.** Grater Noida for HRD's 80 participants in August & September, 2011.
- ❖ Worked with **Dr. Satya Holistic Health Center** Deerawal Nagar, Model Town, New Delhi (1st August-2011 to 31st July-2012) as a regular senior Yoga Trainer.

- ❖ **Live Yoga Demonstration during the Perfect Health Mela being organized by Heart Care Foundation of India, New Delhi**
(through Morarji Desai National Institute of Yoga, October 19-23, 2011).
- ❖ **As a Guest Faculty (Practical) of Gurukul Kangri University in International Yoga Festival, Jodhpur, Rajasthan.** (Feb 8–10, 2013)
- ❖ **Conducted a Workshop for Ministry of External Affairs.**
- ❖ **Conducted a Workshop for DGFT, Udhog Bhawan on 16st & 17th June 2016.**
- ❖ **Conducted a Workshop for Ministry of Excise and Heavy duty, Udhog Bhawan on 21st June, 2016.**
- ❖ **Conducted 21st June programme at Rastrapati Bhawan on 21st June, 2016.**
- ❖ **Regular visiting faculty of Yoga at RBI, New Delhi.**
- ❖ Many Personal Sessions provide for different - different Life related problems to eminent personalities e.g. **Secretary commerce, I.A.S. officers, Businessman's .**
- ❖ **Work as a lead examiner for several times (Hissar, Jind, Varanasi, New Delhi) on the behalf of PQMS Pvt. Ltd. In QCI Level1 and Level 2 examinations.**

ACHIEVEMENT:-

- ❖ Gold Medal in Yoga Championship at International Yoga Festival, Rishikesh (March 1–7, 2014)
- ❖ Qualified QCI Level-2
- ❖ Qualified QCI Examinee Examination

PROFESSIONAL QUALIFICATION:-

- ❖ **Ph.D. (Yoga)** pursuing from Dev Sanskriti University, Haridwar
- ❖ **M.Sc. (Human Consciousness & Yogic science)**, Gurukul Kangri University, Haridwar 2014.
- ❖ **Diploma in Yogic Science** from Morarji Desai National Institute of Yoga, New Delhi in 2011.
- ❖ Master Choa Kok Sui Basic (November 24, 2012) and Advance (March 23, 2014) **Pranic Healing Course** at Gurukul Kangri University, Haridwar.

EDUCATIONAL QUALIFICATION:-

- ❖ **M.Sc. (Psychology)**, Gurukul Kangri University, Haridwar, 2010.
- ❖ **B.Sc. (Life Science)**, Gurukul Kangri University, Haridwar, 2008.
- ❖ **Intermediate (Biology)**, U.P. Board Allahabad, 2005.
- ❖ **High school (Science)**, U.P. Board Allahabad, 2002.

NON FORMAL EDUCATION:-

- ❖ Pratham Diksha Anupcharik samskrit shikshanam, Rashtriya Samskrit Samsthan, New Delhi conducted by Government Ayurvedic College and hospital Gurukul Kangri , Haridwar, 2014.

WORKSHOPS AND SEMINARS ATTENDED:-

- ❖ National Workshop on Research Methodology (11-21 Sept, 2023) at GKV, Haridwar.
- ❖ Continuing Medical Education (CME) for Yoga Instructors/ Therapists conducted by MDNIY, New Delhi, 6th to 11th September, 2021.
- ❖ International Yoga Festival, Rishikesh (March 1–7, 2014).
- ❖ Workshop on Marma Therapy at Gurukul Kangri University, Haridwar, (November 7–9, 2012).
- ❖ Workshop on Importance of Yogic Science & Marma Therapy for children with special needs at Gurukul Kangri University, Haridwar, (November 30, 2013).
- ❖ National Workshop on Neurotherapy at Dev Sanskriti Vishwavidyalaya, Haridwar, (April 15, 2014).
- ❖ International Festival on Yoga, Culture & Spirituality at DSVV Shantikunj, Haridwar, (October 3, 2012).

ACTIVE PARTICIPANT AT NATIONAL YOGA WEEK CONDUCTED BY MDNIY NEW DELHI (7 FULL DAYS PROGRAM):-

- ❖ 2011, Theme : Yoga for Wellness
- ❖ 2012, Theme : Yoga for Holistic Personality Development.
- ❖ 2013, Theme : Yoga for Adolescents.
- ❖ 2014, Theme : Yoga for Youth.
- ❖ 2015, Theme : Yoga for Middle Aged.

REGULAR PARTICIPANT IN WORKSHOPS OF YOGA FOR LIFE STYLE RELATED DISORDERS CONDUCTED BY MDNIY NEW DELHI (1 FULL DAY PROGRAM):-

- ❖ Yogic management of obesity.
- ❖ Yogic management of Hypertension.
- ❖ Yogic management of Migraine and Headache.
- ❖ Yogic management of Arthritis.
- ❖ Yogic management of Back and Neck Pain.
- ❖ Yogic management of Depression.
- ❖ Yogic management of Geriatric Disorders.
- ❖ Yogic management of Cardio-vascular Diseases.
- ❖ Yogic management of Gastro-intestinal Disorders.
- ❖ Yogic management of Asthma.
- ❖ Yogic management of Executive Stress.

Date:

Place:

(Rahul Singh Chauhan)