



Name: **Dalip Kumar**
Designation: **Yoga Instructor**
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Academic Records

1. Qualification:	<ul style="list-style-type: none">✓ UGC NET(Yoga), QCI Level2(Equivalent to YCB level3).✓ Postgraduate Diploma in Guidance and Counselling from Vardhaman Mahaveer Open University, Kota in 2017.✓ Master of Science in Yoga from Annamalai University in 2014.✓ Postgraduate diploma in Yoga from Annamalai University in 2012.✓ Bachelor of Education (Yoga) from Panjab University in 2011.✓ Diploma in Naturopathy and Yogic Science from ABPCP in 2010.✓ Bachelor in Arts from Panjab University in 2010.
2. Area of Interest/ Specialization:	<ul style="list-style-type: none">✓ Yogic Cleansing Techniques✓ Yogasana✓ Pranayama✓ Mudra✓ Meditation✓ Fitness and Therapeutic Yoga Practices.
3. Experience:	<p>Total 9Years and 3months (till September, 2023)</p> <ul style="list-style-type: none">• Saint MSG Glorious International School (Sirsa, Haryana) Worked as a Yoga Teacher (May, 2014 to March, 2015)• Kendriya Vidyalaya (BSF Rampura, Fazilka) Worked as Yoga Instructor (April, 2015 to Feb, 2017)• Kendriya Vidyalaya (Military station, Abohar) Worked as Yoga instructor (April, 2017 to 28th may, 2018)• Morarji Desai National Institute of Yoga, Delhi Working as Yoga instructor (29th May, 2018 to till date)
4. Achievements:	<ul style="list-style-type: none">➤ 4th Position in National Yoga Championship 2013 held at Hoshiarpur, Punjab.➤ 5th Position in National Yoga Championship 2010 held at Yamuna Nagar, Haryana.➤ One Gold, Two Silver and one Bronze medal (Individual All Rounder) in Inter College Yoga Competitions (2007-2011) - Panjab University.➤ Two Gold and two Silver medals in Inter College Yoga Competitions (2007-2010) - Panjab University.➤ Won Gold medal in State Level Yoga Championship 2007 & 2010 - Punjab.

<p>5. Honours & Awards:</p>	<ul style="list-style-type: none"> • Awarded Best NSS Volunteer of SGGGS college in 2010. • Awarded College Color of SGGGS college, Chandigarh in 2010. • Attended Youth Leadership Training Camp organized by Panjab University. • Attended Two Rock Climbing Camp organized by Panjab University.
<p>6. Publications & Books:</p>	<ul style="list-style-type: none"> ❖ Dalip Kumar, B. Sairem, and G. Deo, “Critical Analysis Of Brahmacharya In The Context Of Yoga For Spiritual Upliftment: A Perspective Review,” AYUSH Ayurveda, Yoga, Unani, Siddha Homeopath., vol. 13, no. 3, pp. 1–6, 2023(Accepted for publication) ❖ Presented a paper on ब्रह्मचर्य; स्वास्थ्य और अध्यात्म का खजाना at 4th International Conference on “Developing Human Value through Yoga” organized by Indian Yoga association at Uttarakhand Sanskrit University, Haridwar in February 2018.
<p>7. Conferences & Seminars:</p>	<ul style="list-style-type: none"> • Attended National Workshop on Patanjala Yoga Sutra- The core of Yoga Philosophy and Practices from 14-16 Oct, 2022 at MDNIY, Delhi. • Attended International conference on ‘Conglomeration of health traditions in Bharatvarsha’ from 5th – 9th December, 2018 at Bengaluru as Delegate. • Attended National Arogya Fair from 5th – 9th December, 2018 at Bengaluru as Exhibitor. • Got appreciation for contribution in Organizing National Seminar on ‘Art & Science of Common Yoga Protocol for Wellness’ on 2nd May, 2019 at Talkatora Indoor Stadium, New Delhi. • Participated in Workshop on ‘Research Methodology’ on 26th August, 2021 organized by Morarji Desai National Institute of Yoga, New Delhi. • Participated in Continuing Medical Education (CME) for Yoga Instructors/ Therapists conducted by Morarji Desai National Institute of Yoga, New Delhi, 6th to 11th September, 2021.
<p>8. International Visits:</p>	<ul style="list-style-type: none"> ❖ Visited Embassy of India, Ankara, Turkey for Yoga workshops which were part of program series Celebrating Indian culture and heritage “India by the BOSPHORUS, the festival of India” In Ankara and Istanbul, Turkey.

LANGUAGE KNOWN: - English, Hindi & Punjabi.

HOBBIES: - Yoga Teaching / Training, Books Reading, Gardening & Listening to Music.

(DALIP KUMAR)
YOGA INSTRUCTOR
DEPTT. OF YOGA EDUCATION

