



Shubham Kumar

Vill-mainpura po-mainpura Chanda ps-kaler block-kaler
dist-arwal pin 824127

9472974574 | skrssixteen@gmail.com

Experience

- **National institute of mental health and neurosciences Bengaluru** 16/04/2023 - 15/05/2023
Yoga instructor / observer/researcher
Instruct the more 100 + yoga sessions.
Research on effect of yogic intervention on insomnia in anxiety patients.
Work as a counseling

Education

- **Bihar school examination board Patna** 2012
Matriculation
70
- **Bihar school examination board Patna** 2014
Intermediate
69.80
- **Benaras Hindu University Varanasi** 2019
BA Hon's
64.87
- **Central University of Haryana** 2023
MSc Yoga
Result awaited

Skills

- Good communication skills
- Good demonstration skills
- Good knowledge of ancient philosophy, gita Upanishad

Projects

- **Effect of yogic intervention on insomnia in anxiety patients**
Behalf my dissertation work, i studied the effect of yoga on insomnia in anxiety patients.
The result of my experiment is very significant, p value is .00001.