

# DR. RAKESH KUMAR SINGH

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Website: [www.yogacure-rakesh.com](http://www.yogacure-rakesh.com)

## Objective:

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Provide Yoga education to all class of people in the society including ladies, children, executives and people with diseases. Establish Yoga science as **perfect and only way** to cure all health problems which is caused by stress and contempt of Yogic diet and Yogic way of living.

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## Education:

- ◆ **Ph.D** from Sampurnanand Sanskrit University. Varanasi, India. (2007)  
Topic:” **Investigatory Study of Yoga and Nirvan Tantra**”.  
Subject branches: **Sankhya, Yoga, Tantra and Agama**.
- ◆ **Masters Degree** in Yoga and Sankhya Philosophy from Sampurnanand Sanskrit University. Varanasi. India. (1998-2000)
- ◆ **Bachelors Degree** in Sanskrit Grammar, Philosophy and English, from Sampurnanand Sanskrit University. Varanasi, India. (1998)
- ◆ **Yoga Teacher Training Certificate** from Prayag Yoga Training Center, Allahabad, India. (1997-1998)
- ◆ **Higher Secondary** from Balaji Sanskrit Higher Secondary College, Banda, India. (1995)

## Experience:

2001 – 2007.	Yoga-Teacher	Zahem & Malhotra Gen. Tradg.Co. Tel: +965 4337162 / +965 4337192
2001 – 2006.	Meditation-Instructor	Larsen & Toubro Ltd. + KAFFCO Tel: +965 4331512 Fax: +965 4348227
2001 – 2005	Yoga-Instructor	American Life Insurance Company Tel: +965 2468013 Fax: +965 2445664
2003 – 2004	Yoga- Expert	Elysium Health Spa, Gulf St, Sharq Tel:+965 2453930 Fax: +965 2403287
2003 – 2004	Teachers-Training	Flex Health Club, Shaab. Kuwait Tel: +965 2522577
1998-2000 Adults	Yoga-Master	Vidya Integrated Development for Youth & 30 New Campus, I. I. T. N. Delhi. India.

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## Other Skills:

Have excellent Communication skills in English, Sanskrit and Hindi with grand interpersonal skills and aptitude to teach Yoga, Meditation and Indian Scriptures to various age group and multi-cultural society.