

FACULTY PROFILE

Name of the Faculty : Dr. Sandeep Kumar Singh
Designation : Assistant Professor
Name of the Department/Centre of study : Yoga Science
Permanent Address : RZ G-9/B, West Sagarpur, New Delhi – 110046
Communication Address : Flat 203, Block 2, University of Patanjali,
Haridwar – 249405, Uttarakhand.
Email id : drsandeep.singh@uop.edu.in
Mobile No : +91 – 72174 – 70057
Aadhar Number : ██████████ 9716
PAN Number : ██████████
Date of joining : 24th December 2020
Work Experience : 2 years
Topic of Research/ Area of specialization : Yoga Therapy, Physiology, Research
Methodology and Statistics, Applied Yoga, Naturopathy
Courses Taught : Yoga Therapy, Research Methodology and
Statistics, Physiological effects of Hatha Yoga, Applied
Yoga, Naturopathy, Teaching Methodology and Value
Education, Yoga Psychology, Yogic Diet and Nutrition
Post Doctoral Achievements (If any) : Worked as a “Research Associate” for ICMR
project entitled “Validation of Jodhpur Kursi Against
Dual Energy X-Ray Absorptiometry to Diagnose
Sarcopenia in Older Indians” at IIT Jodhpur, Rajasthan.
Achievements (If any) :
Faculty serving in : National committees
International committees
Editorial Boards
Any other: (Member committee for UGC,
NAAC, Laboratory Purchase Department,
Officer-In-Charge: Training and Placement Cell,
UoP)
Profile Summary : **Dr. Sandeep Kumar Singh** is currently
working as an Assistant Professor in Department of Yoga Science, and
handling the additional charge as “Officer-In-Charge, Training and
Placement Cell” of University of Patanjali. He had completed his BSc
in Zoology (Hons.) from Kirori Mal College, University of Delhi,
MSc in Yogic Sciences and Holistic Health and PhD in Yoga. His PhD
and research presentation is very much deliberated in the scientific
arena not only from India but Europe as well. His extensive research
work has proved his potentials at this young age. He is currently
guiding two PhDs which is in line, supervised 34 dissertation, 129
research and case-studies. His published works include three book
chapters (1 in Springer book series), fifteen research articles in various
peer-reviewed journals of national and international levels. His
presence in various international conferences and proceedings proves
an innovation for the yoga research and protocol.

PROFORMA II

Research projects

Academic Year	Name of the Project	Nature of the project	Name of the funding agency	Amount	Duration	Year
-	-	-	-	-	-	-

Awards for Innovation won by Teachers

Academic Year	Title of the innovation	Awarding Agency	Date of Award
-	-	-	-

PhD's Produced

Academic Year	Name of the scholar	Register Number	Department of the scholar	Phd registration year	Title of the Phd thesis	Date of Award
-	-	-	-	-	-	-

Details of ongoing Research scholars

Academic Year	Name of the scholar	Register Number	Topic	Department of the scholar	PhD Registration year
2020	Neha Vasisht	2021/UOP/PhD -YS/207514/18	Yoga Management of PCOS induced female infertility: Randomized Control Trial	Yoga Science	2020

Honours and recognitions received by teachers (received awards, recognition, fellowships at State, National, International level from Government, recognized bodies during the year)

Academic Year	Year of award	Name of the award/ fellowship/recognition received from Government or recognized bodies	Type of Award
2022-2023	December 12-13, 2022	Shriram Yog Training and Research Society, UP, India and Dev Sanskriti Vishwavidyalaya, Haridwar, UK, India	Guest of Honor

Awards for creative writings, patents/copy right generated

Academic Year	Name of the Patent/copy right/creative writing	Year of publication in the reputed press	Year of award
-	-	-	-

Consultancy project

Academic Year	Name of the Consultancy project	Consulting/Sponsoring agency with contact details	Year	Revenue generated
-	-	-	-	-

Books written during the Year

Academic Year	Title of the book	Type	Name of the Publisher	Date of publication	ISBN
-	-	-	-	-	-

Chapters in Book

Academic Year	Title of the chapter	Title of the Book	Author of the book	Publisher Name	Date of Publication	ISBN
2021-2022	Repressed Emotions and Its Relevance in the Yoga Sutras of Patanjali	Yoga evum Vishwa Shanti	Dr. Vivek Maheshwari, Dr. Alok Kumar Pandey & Amit Kumar Tiwari	Prachyavidya evum Jain Sanskriti Sanrakshan Sansthan	Jan-22	978-81-952985-9-4

Journal

Academic Year	Title	Journal Name	Year	ISSN No	Type
2022-2023	Development of an integrated Yoga module for Low Back Pain (LBP) in adults through research reviews	International Journal of Yogic, Human Movement and Sports Sciences	2023	2456-4419	Exploratory Article
2022-2023	Kinetics of Kapalbhathi: A mathematical interpretation of force, pressure, centre of gravity and centre of mass	International Journal of Scientific Engineering and Research	2022	2229-5518	Original Article
2022-2023	Yoga and Attention: A systematic review	Yoga Mimamsa	2022	2394-2487	Systematic Review Article
2022-2023	Yoga and COVID-19 Pandemic: A review	International Journal of Yoga and Allied Sciences	2022	2278-5159	Review Article
2022-2023	Management of Hypothyroidism through Yoga Intervention: A Study of Yogic Approaches	International Research Journal of Ayurveda & Yoga	2022	2581-785X	Exploratory Article
2022-2023	Development of an integrated yoga module for sportsperson (cricketers) through research reviews	International Journal of Physical Education, Sports and Health	2022	2394-1693	Exploratory Article
2021-2022	Impact of Nadi Shodhan Pranayama and Pranakarshan Pranayama on Alpha-EEG among college going students	Indian Journal of Positive Psychology	2022	e-2321-368X	Original Article

Conference Proceeding

Academic Year	Name of research paper	Conference Name	Year	ISSN/ISBN No	Type
2022-2023	Impact of Integrated Yoga on Hypothyroidism: a case study	4 th ICYYA-22 YOGA, YAGYA, & AYURVEDA	2023	978-1-63754-563-8	Case Study

Faculty participation in print and visual media

Academic Year	Year	Title of the programme/Article	Uploaded documents
-	-	-	-

Details of Seminars/ Conferences/Workshops attended

Academic Year	Year	Name of seminar	date	Status	Level	Title of the paper
2022-2023	2022	International conference on Modernization of Traditional Indian Medicine: Public health and Industrial perspective.	August 1-4, 2022	Participation	International	X
2021-2022	2022	17th International Symposium on Computer Methods in Biomechanics and Biomedical Engineering and 5th Conference on Imaging and Visualization. CMBBE-2021.	September 7-9, 2022	Participation	International	Radiographic changes in the vertebral column with the practice of yoga postures: a review.
2020-2021	2021	International Conference on Indian Traditional Yoga System Theory and Practice	May 24-26, 2022	Presentation	International	Impact of Vipassana on the occupational stress among corporate employees
2020-2021	2021	International Conference on Innovative Pedagogical Approaches for Integration of Physical Education and Yogic Sciences in Teacher Education	June 21-22, 2021	Presentation	International	The Impact of Nadi Shodhan and Pranakarshan Pranayama on α -EEG among College Going Students
2020-2021	2021	International Conference on Nada Yoga for World Peace in association with GMVN & UTDB, Ministry of Tourism, Uttarakhand Government and supported by Navyoga Surodaya Seva Samiti	March 6, 2021	Presentation	International	The Nada: Cultural Validation and scope for future Complimentary Therapy

Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year

Academic Year	Year	Name of conference/workshop attended for which financial support provided	Name of the professional body for which membership fee is provided	Amount of support	Funding Agency	Sanction order
-	-	-	-	-	-	-

Teachers attending professional development programmes, viz., Orientation programme, Refresher Course, Short Term Course, Faculty Development Programmes during the year

Academic Year	Name of the Programme	Nature of the Programme	Date and Duration(from)	Date and Duration(to)
2022-2023	NEP 2020: Breaking barriers in Science and Technology	UGC Sponsored Webinar	14th February 2023	14th February 2023
2022-2023	NEP 2020: Indian Knowledge System	UGC Sponsored Webinar	7th February 2023	7th February 2023
2022-2023	NEP 2020: Technology Use and Integration	UGC Sponsored Webinar	27th January 2023	27th January 2023
2021-2022	Refresher Course	Faculty Development Program	19th June 2022	2nd July 2022