

Curriculum Vitae

Dr. Sandeep Kumar SINGH

[B.Sc. Zoology (H), M.Sc., PhD¹, Yogic Sciences and Holistic Health, DNHYS², MA Psych.³]

Assistant Professor, Department of Yoga Science



Additional Responsibilities:

Officer-In-Charge, Training and Placement Cell,
University of Patanjali, Haridwar, Uttarakhand – 249405.

Email: drsandeepksingh@gmail.com; drsandeep.singh@uop.edu.in

Mobile: +91-89468-70057; +91-72174-70057

Areas of Interest:

Research Project Writing and Collaboration
Yoga Therapy and Mental Well-being
Meditation and Holistic Health
Cognitive-Behavioral Modifications

Courses Teaching:

Yoga Therapy, Research Methodology and Statistics, Physiological effects of Hatha Yoga, Applied Yoga, Naturopathy, Yogic Diet and Nutrition, Teaching Methodology and Value Education, Yoga Psychology.

1. Work Experience

- 1.1 **Department of Yoga Science, University of Patanjali, Bahadrabad, Haridwar, Uttarakhand, INDIA (24th December 2020 – till now)**
- Working as an “Assistant Professor” for Yoga Therapy, Research Methodology & Statistics, Naturopathy and Teaching Methods for Bachelors and Masters Degree Program
 - Supervising 2 Ph.D. Scholars in their research.
 - Team member** for Prospectus Committee, UGC, NAAC, NEP and Laboratory Apparatus Purchase.
 - Additional Responsibility: **Officer-In-Charge, Training and Placement Cell**, University of Patanjali, Haridwar, Uttarakhand – 249405 since January 2023 – till now.
 - RAC Member** for the PhD Students.
 - BOS Member** as an expert for designing the academic and practical curriculum for the Department of Physical Education and Games, University of Patanjali held on 22.04.2022

¹ Efficacy of Vipassana on the Occupational Stress and Life Satisfaction among Corporate Employee under the guidance of Dr. Pranav Pandya, MBBS, MD., Chancellor, Dev Sanskriti University, Haridwar, Uttarakhand, India.

² Diploma in Natural Health and Yogic Sciences, Madhya Pradesh Praktik Chikitsa Parishad, Bhopal, MP, India

³ Result awaited from Indira Gandhi National Open University, New Delhi, India

with letter reference no. dept./phy.edu./2022/01

- 1.2 Indian Institute of Technology, Jodhpur, Rajasthan, INDIA(September 2019 - August 2020)**
- i. Worked as a “**Research Associate**” under the ICMR Project under Topic: “Validation of Jodhpur instrumented Kursi against Dual Energy X-Ray absorptiometry to diagnose sarcopenia in Older Indians” funded by ICMR.
 - ii. Project writing and collaboration for various funding agencies.
 - iii. Weekly Yoga and Mindfulness session for the students and teachers.
- 1.3 University de Valenciennes et Hainaut Cambresis, Valenciennes, FRANCE (September 2017 - July 2018)**
- i. A regular “**Yoga Therapy**” and “**Yoga Training**” classes for the students and faculties of the university.
 - ii. Weekly “Yoga Therapy” (based on the previous researches) interventions for the old age groups suffering from various disorders, mainly Diabetes Mellitus.
 - iii. “Yoga Training” for RUBIKA, (Serre Numerique, Valenciennes) which was focused on their general physical fitness and mental well-being
 - iv. Under my Master (MS Ergonomics), I took some research project:
 - Designed Yoga Module based on the systematic reviews for the individuals suffering from chronic ‘Back-pain’; later the module was incorporated and tested on variables (Sample size: 20).
 - The efficacy of Conscious Relaxation Technique (CRT) was assessed on the ‘Gait Analysis’ of a person suffering from anxiety and back muscle pain (Case Study).
 - Carried out two “International Yoga Day” on 21st June in collaboration with the University of Valenciennes et Hainaut Cambresis (2016), University Club and the Valenciennes city (2018).
- 1.4 DPS, Pali Road, Jodhpur, Rajasthan, INDIA (March 2014 - March 2017; August 2018 - August 2019)**
- i. Designed and carried out the regular “**Yoga Training Module**” for the students of different age groups.
 - ii. The objective was focused on the students’ overall well-being and behavioral modifications through Yoga interventions and meditation.
 - iii. Served also as a physical fitness instructor and helped students designing their physical fitness schedule incorporation Yoga as a main variable.
- 1.5 Indian Institute of Technology Jodhpur, Rajasthan, INDIA(October 2011 - October 2013)**
- i. Trained Undergraduate students in the science of Yoga and Pranayama (Yogic Breathing Technique), a compulsory course for students.
 - ii. Helped students in need of counseling through “**Meditative Cognitive Psychotherapy**” and rapport building.
 - iii. Meditation classes from time to time for all the students and in-house executives.

- 1.6 **Other Institution** where I worked as a resource person and Yoga Trainer: Dev Sanskriti Vishwavidyalaya, Dooars Institute for the Disabled, National Thermal Power Corporation, Indra Yoga Sansthan.

2. Projects and Events

- i. **PhD Guide:** 2 [Enclosure 1]
- ii. **Supervision of Dissertation:**
 - a. Year: 2021 (06+13) [Enclosure 2]
 - b. Year: 2022 (06+02) [Enclosure 3]
 - c. Year: 2023 (05+02) [Enclosure 4]
- iii. Submitted Project entitled *“Assessment of health related quality of life (HRQoL) of in-campus postgraduate Yoga students in an Indian University”* under review with Dean Research, University of Patanjali, Haridwar, and Uttarakhand.
- iv. Carried out **47 research papers** for the undergraduate program in the year 2022 [Enclosure 5].
- v. **30 research** paper presentation in the International Conference on Indian Traditional Yoga System Theory and Practice; 24 – 26 May, 2022 [Enclosure 6].
- vi. **26 research** paper presentation in the International Conference on Yoga, Yagya and Ayurveda; 12-13 December, 2022 and 82 students’ participation [Enclosure 7].
- vii. **7 group research work** for B.Sc. 2nd year Batch 2021-2024 [Enclosure 8].
- viii. **19 research** paper presentation & 18 students’ participation in the International Conference on Yoga in Synergy with Science; 25-26 February, 2023 and participation [Enclosure 9].
- ix. **Secured the Top position** and **incentives of ₹5’000** in the Internal Examination for NEP 2022 by the University of Patanjali for the faculties.

3. Publications

3.1 Book Chapter Publication in Book/ International Proceedings

1. Brajesh Kumar Shukla, Hiteshi Jain, **Sandeep Singh**, Vivek Vijay, Sandeep K Yadav, and David J Hewson. Development of an instrumented chair to identify the phases of the sit-to-stand movement. 8th European Medical and Biological Engineering Conference. EMBEC 2020, IFMBE Proceedings, Switzerland 80, 382-390. Online ISBN: 978-3-030-64610-3 https://link.springer.com/chapter/10.1007/978-3-030-64610-3_44
2. Kalpana, Sanjay Singh & **Sandeep Singh**. Impact of Integrated Yoga on Hypothyroidism: a case study. 4th ICYYA-22 YOGA, YAGYA, & AYURVEDA, Jnauary 2023, Sri Ram Yog Training and Research Society, 21-29. ISBN: 978-1-63754-563-8.

3. **Sandeep Singh** and Shruti Chaudhary. Repressed Emotions and Its Relevance in the Yoga Sutras of Patanjali. *Yoga and World Peace*, 2022, Prachyavidyaevum Jain Sanskriti Sankrakshan Sansthan. Volume: 1, 186-198. ISBN: 9-788195-298594

3.2 Research Papers and International proceedings

1. Taniya Sharma & **Dr. Sandeep Singh** “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*, vol. 8, no. 1, 2023, pp. 31-35. ISSN: 2456-4419. Doi: <https://doi.org/10.22271/yogic.2023.v8.i1a.1372>
2. Kumar Sonu, Gupta Shivam, **Singh Sandeep** & Yadav Nidheesh. “Kinetics of Kapalbhathi: A mathematical interpretation of force, pressure, centre of gravity and centre of mass.” *International Journal of Scientific Engineering and Research*, vol. 13, no. 11, 2022, pp. 181-188. ISSN: 2229-5518. Doi: https://www.researchgate.net/publication/366010533_Kinetics_of_Kapalbhathi_A_mathematical_interpretation_of_force_pressure_centre_of_gravity_and_centre_of_mass
3. Yadav Kanchan, Yadav Arti and **Singh Sandeep**. “Yoga and Attention: A systematic review.” *Yoga Mimamsa*, vol. 54, no. 2, 2022, pp. 128-132. ISSN: 2394-2487. Doi: <https://www.ym-kdham.in/article.asp?issn=0044-0507;year=2022;volume=54;issue=2;spage=128;epage=132;aulast=Yadav;type=0>
4. Verma, A. & **Singh Sandeep**. (2022). Impact of Nadi Shodhan Pranayama and Pranakarshan Pranayama on Alpha-EEG among college going students. *Indian Journal of Positive Psychology*, 13(2). 121-125 ISSN: e-2321-368X. <https://www.proquest.com/openview/235960684f23b06fa4006d61726e632d/1.pdf?pq-origsite=gscholar&cbl=2032133>
5. Rani Pooja and **Singh Sandeep**. “Management of Hypothyroidism through Yoga Intervention: A Study of Yogic Approaches.” *International Research Journal of Ayurveda & Yoga*, vol. 5, no. 9, 2022, pp. 124-131. ISSN: 2581-785X. <https://doi.org/10.47223/IRJAY.2022.5922>
6. Patidar Pankaj & **Singh Sandeep**. “Yoga and COVID-19 Pandemic: A review.” *International Journal of Yoga and Allied Sciences*, vol. 11, no. 2, 2022, pp. 150-155. ISSN: 2278-5159. <http://indianyoga.org/wp-content/uploads/2022/10/v11-issue2-article9.pdf>
7. Verma Sonali, Saini Sukanya and **Singh Sandeep**. “Development of an integrated yoga module for sportsperson (cricketers) through research reviews.” *International Journal of Physical Education, Sports and Health*, vol. 9, no. 6, 2022, pp. 164-168. ISSN: 2394-1693.
8. **Singh, S. K.** “Relevance of Patanjali Yoga Sutras, its Kriyas in combating the corruption in social paradigm.” *International Journal of Yoga and Allied Sciences*, vol. 9, no. 1, 2020, pp 74-80. ISSN: 2278 - 5159. <http://indianyoga.org/wp-content/uploads/2020/03/v9-issue1-article11.pdf>
9. Brajesh Kumar Shukla, Hiteshi Jain, **Sandeep Singh**, Vivek Vijay, Sandeep K Yadav,

and David J Hewson. Development of an instrumented chair to identify the phases of the sit-to-stand movement. 8th European Medical and Biological Engineering Conference. EMBEC 2020. 14-18 June, Portoroz, Slovenia.

https://doi.org/10.1007/978-3-030-64610-3_44

10. **Singh, S. K.** & Pandya, P. (2017). Efficacy of a month practice of Vipassana on the occupational stress among corporate employee. *Online Journal of Multidisciplinary Research. March, 3(1): 54-62.* ISSN: 2395-4892
11. **Singh, S. K.** & Pandya, P. (2017). A literature review on Vipassana and other meditational technique on occupational stress and mental disorders. *Online Journal of Multidisciplinary Research. March, 3(1): 46-53.* ISSN: 2395-4892
12. **Singh, S. K.** & Yadav, N. (2014). Role of Yoga in Stress among Youth in developing India. National Yoga Week. *Morarji Desai National Institute of Yoga, Delhi, INDIA.* 155-157.
13. **Singh, S. K.** & Yadav, N. (2013). Prevention of Drug-Abuse in Relation to Yoga among Adolescence. National Yoga Week. *Morarji Desai National Institute of Yoga, Delhi. INDIA.* 266-275. (Only Print available)

3.3 Abstract Publication in various International Conferences

1. **Sandeep Singh** & Maitreyi. Difference between impact of normal breathing and specific pranayama on breathing mechanics of healthy individual. 27th Congress of the European Society of Biomechanics, June 26-29, 2022, Porto, Portugal.
2. Pranav Pandya, Vivek Vijay & **Sandeep Singh**. Impact of Vipassana on the occupational stress among corporate employees. International Conference on Indian Traditional Yoga System Theory and Practice, May 24-26, 2022, Haridwar, Uttarakhand, India.
3. Shivam Gupta, Sonu Kumar, Nidheesh Yadav & **Sandeep Singh**. Mathematical analysis for refinement and application of advance practice of Kapalbhathi. International Conference on Indian Traditional Yoga System Theory and Practice, May 24-26, 2022, Haridwar, Uttarakhand, India.
4. Sandeep Mudgal, Chitra Chand, **Sandeep Singh** & Vinod Katiyar. Radiographic changes in the vertebral column with the practice of yoga postures: a review. 17th International Symposium on Computer Methods in Biomechanics and Biomedical Engineering and 5th Conference on Imaging and Visualization. CMBBE-2021. 7-9 September, Bonn, Germany. 237. <https://www.cmbbe-symposium.com/2021/>
5. **Singh, Sandeep Kumar**. Relevance of Patanjali in Prevention of Corruption. International Yoga Seminar. 12-14 October 2012. Ujjain Yoga Life Society. Ujjain. MP. INDIA
6. **Singh, Sandeep Kumar** & Kumar, Vikas. MCP Model: A New Approach to Mental Health. WAVES International Conference entitled Indian Culture: Epic and Puranic

Phase. 13-15 July 2012. Centre for Indic Studies. UMassD. USA and World Association of Vedic Studies (USA)

7. **Singh, Sandeep Kumar** & Kumar, Vikas. Role of Vedantic Panch Mahavakyas in increasing the efficacy of Cognitive Psychotherapy. WAVES International Conference entitled Vedanta and Thought Revolution. 14-17 March 2012. Dev Sanskriti Vishwavidyalaya. Gayatrikunj. Shantikunj. Haridwar. INDIA in collaboration with Wider Association of Vedic Studies (INDIA) and World Association of Vedic Studies (USA).

3.4 Entered Publication Schedule

1. Vipin Rathore, **Sandeep Singh** and Nidheesh Yadav. “Nada Yoga: Effective Complimentary Module for the Stress-Induced Psycho-Physiological Disorders.” *Int. J. Indian Culture and Business Management*, vol. X, no. (Y), 2022, pp. xx-xx. ISSN online: 1753-0814; ISSN prints: 1753-0806. Indexed in Clarivate Analytics, IF: 0.25. doi:

3.5 Project In Communication

1. **Sandeep Singh** & Nidheesh Yadav (Book Publication entitled “*Yoga Reviews*”; Year 2023)
2. **Sandeep Singh** (2023) “*Evidence based Naturopathy for the Optimum Health paradigm*”. (Book Chapter)
3. **Sandeep Singh** (Book Entitled “Physiological Effects of Yoga Practices – Part I” under project)
4. Pandya, P., Vijay, V. & **Singh, S.** (2023). Impact of Vipassana meditation on the Occupational Stress among Corporate Employee [Under review in *Journal of Occupational Rehabilitation, Springer*]

4 Members and Coordinator for various conferences and workshops

1. Yoga Therapy and Yoga Research for Uttar Pradesh Physical Education Professors on 25th March 2023 at Sant Savitribai Phuley Ruhelkhand University, Lucknow, India.
2. Team Member, International Conference on “Plants to Patients- Series III – Rethinking Ethnopharmacology” held at University of Patanjali, Haridwar, Uttarakhand from 28th February 2023 – 2nd March 2023.
3. **Coordinator** in the 9th International Conference on Yoga in Synergy with Science, held at Uttarakhand Sanskrit University, jointly organized by Indian Association of Yoga, New Delhi, India and Department of Yoga, Uttarakhand Sanskrit University from 25th – 26th February 2023.

4. Carried out **Workshop** on “Physiological effects of Yogic exercises and its practices on various systems of the body” at Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand.

5. International Conferences and Proceedings Participation

1. **Sandeep Kumar Singh**. International conference on Modernization of Traditional Indian Medicine: Public health and Industrial perspective. August 1-4, 2022, University of Patanjali, Haridwar, Uttarakhand.
2. Pranav Pandya, Vivek Vijay & **Sandeep Singh**. Impact of Vipassana on the occupational stress among corporate employees. International Conference on Indian Traditional Yoga System Theory and Practice, May 24-26, 2022, Haridwar, Uttarakhand, India.
3. **Sandeep Singh**, Maitreyi. Difference between impact of normal breathing and specific pranayama on breathing mechanics of healthy individual. 27th Congress of the European Society of Biomechanics, June 26-29, 2022, Porto, Portugal.
4. Sandeep Mudgal, Chitra Chand, **Sandeep Singh** & Vinod Katiyar. Radiographic changes in the vertebral column with the practice of yoga postures: a review. 17th International Symposium on Computer Methods in Biomechanics and Biomedical Engineering and 5th Conference on Imaging and Visualization. CMBBE-2021. 7-9 September, Bonn, Germany. 237.
5. Avichal Verma & **Sandeep Singh**. The Impact of Nadi Shodhan and Pranakarshan Pranayama on α -EEG among College Going Students. International Conference on Innovative Pedagogical Approaches for Integration of Physical Education and Yogic Sciences in Teacher Education. 2021. 21-22 June. DAV University. Jalandhar, Punjab.
6. Arti Yadav & **Sandeep Singh**. Effect of Yoga-Preksha Meditation on emotional maturity in College Going Girls. International Conference on Innovative Pedagogical Approaches for Integration of Physical Education and Yogic Sciences in Teacher Education. 2021. 21-22 June. DAV University. Jalandhar, Punjab.
7. Vipin Rathore, **Sandeep Singh** & Nidheesh Yadav. Impact of Specific yoga Module with special reference to Bhramari, Trataka and jala Neti on attention among Archers. International Conference on Innovative Pedagogical Approaches for Integration of Physical Education and Yogic Sciences in Teacher Education. 2021. 21-22 June. DAV University. Jalandhar, Punjab.
8. **Sandeep Singh** & Shringarika Mishra. The Nada: Cultural Validation and scope for future Complimentary Therapy. 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. 2021. 6 March. Rishikesh, Uttarakhand, India.
9. Brajesh Kumar Shukla, Hiteshi Jain, **Sandeep Singh**, Vivek Vijay, Sandeep K Yadav, and David J Hewson. Development of an instrumented chair to identify the phases of

- the sit-to-stand movement. 8th European Medical and Biological Engineering Conference. EMBEC 2020. 14-18 June, Portoroz, Slovenia.
10. **Singh, Sandeep Kumar.** Relevance of Patanjali Yoga Sutras, its Kriyas in combating the corruption in social paradigm. 6th International Conference on Psycho- spiritual approach to Yoga. 24-25 February 2020. Uttarakhand Sanskrit University. Haridwar. INDIA.
 11. **Singh, Sandeep Kumar.** Relevance of Patanjali in Prevention of Corruption. International Yoga Seminar. 12-14 October 2012. Ujjain Yoga Life Society. Ujjain. MP. INDIA
 12. **Singh, Sandeep Kumar & Kumar, Vikas.** MCP Model: A New Approach to Mental Health. WAVES International Conference entitled Indian Culture: Epic and Puranic Phase. 13-15 July 2012. Centre for Indic Studies. UMassD. USA and World Association of Vedic Studies (USA).
 13. **Singh, Sandeep Kumar & Kumar, Vikas.** Role of Vedantic Panch Mahavakyas in increasing the efficacy of Cognitive Psychotherapy. WAVES International Conference entitled Vedanta and Thought Revolution. 14-17 March 2012. Dev Sanskriti Vishwavidyalaya. Gayatrikunj. Shantikunj. Haridwar. INDIA in collaboration with Wider Association of Vedic Studies (INDIA) and World Association of Vedic Studies (USA).
 14. Attended the International Workshop on Science of Intelligence. 18-19 January 2020. Indian Institute of Technology. Jodhpur. INDIA.

6. National Seminars and Workshops

1. **Singh, Sandeep Kumar & Dubey, Shailendra.** (2009). Efficacy of NSP and Pranakarshana Pranayama on α -EEG and GSR on College going students. Yoga, Mental Health and Society. 23-24 May 2009. MBPG College. Haldwani, INDIA in collaboration with NCRYM.
2. Patle, Virendra & **Singh, Sandeep Kumar.** (2009). The Effect of Vipassana on Self Confidence and Life Satisfaction. Yoga, Mental Health and Society. 23-24 May 2009. MBPG College. Haldwani. Uttarakhand. INDIA in collaboration with NCRYM.
3. Sharma, Pranjali & **Singh, Sandeep Kumar.** (2009). Effect of Bhramari Pranayama on Memory Enhancement in college going students. Yoga and Mental Health. Dev Sanskriti University. Gayatrikunj. Shantikunj. Haridwar. INDIA.
4. **Singh, Sandeep Kumar.** (2009). The Role of Vedantic Meditation in Cognitive Psychotherapy. Mental Health and Current Scenario. 21-22 March 2009. Gurukul Kangri University. Haridwar. Uttarakhand. INDIA.

7. Faculty Development Programs

1. Year 2022-2023: **NEP 2020: Breaking barriers in Science and Technology**, UGC Sponsored Webinar, 14th February 2023-14th February 2023.
2. Year 2022-2023: **NEP 2020: Indian Knowledge System**, UGC Sponsored Webinar, 7th February 2023-7th February 2023.
3. Year 2022-2023: **NEP 2020: Technology Use and Integration**, UGC Sponsored Webinar, 27th January 2023-27th January 2023.
4. Year 2021-2022: **Refresher Course on Yoga Science**, University of Patanjali, Haridwar, Uttarakhand, 19th June 2022-2nd July 2022.

8. Honors and Awards

1. **Guest Speaker and Session Chair** in the 4th International Conference on Yoga, Yagya, & Ayurveda, Organized by: Shriram Yog Training & Research Society, U.P. and Dev Sanskriti Vishwavidyalaya, Haridwar, U.K., India from 12th – 13th December, 2022.
2. **Guest Speaker** on the topic “*Yoga Research in the modern scenario*” WHRF, New Delhi, India
3. Awarded as an “**external examiner**” for different institutions.
4. **The town fellowship**, City of Valenciennes, Haut-de-France, France, Year 2018.
5. **Best Research paper presentation** at Ujjain, International Yoga Seminar, Year: 2012

9. Education Qualification

9.1 Doctor of Philosophy (Ph.D.) Yogic Sciences and Holistic Health

Registered on	17 th April 2012;	Submitted on	28 th January 2017
Defense on	2 nd April 2017	Awarded on	8 th April 2017

Institute: Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar, Uttarakhand, INDIA.

Thesis Title: *Efficacy of Vipassana on the Occupational Stress and Life Satisfaction among Corporate Employee*

Guide: Dr. Pranav Pandya (MBBS, MD)

9.2 Master of Science (M.Sc.) Yogic Sciences and Holistic Health (70.65%)

University: Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar, Uttarakhand, INDIA. Year: 2007 - 2009

Dissertation: The Effect of Nadi Shodhan and Pranakarshana Pranayama on the level of Hemoglobin, Total Leukocyte Count, α -Electro-Encephalogram and Galvanic Skin Response. Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar, Uttarakhand, INDIA, (February 2009).

9.3 Bachelor of Science (B.Sc.) Zoology Honours (57.67%)

University: Kirori Mal College, University of Delhi, North Campus, Delhi, INDIA.

Year: 2003 – 2006

Major: Anatomy and Physiology

9.4 Senior Secondary School Examination (73.40%)

English Core, Hindi Core, Physics, Chemistry, Biology, Work Experience, Physical and Health Education, General Studies

9.5 Secondary School Examination (76.40%)

English Course-A, Hindi Course-A, Mathematics, Science with practical, Social Science

10. Personal Details

Name: (Dr.) Sandeep Kumar Singh
Father's Name: Shree Shyam Kishore Singh
Date of Birth: December 11, 1983
Gender: Male
Marital Status: Married
Nationality: Indian
Languages Known: Hindi, English, Nepali, Bengali and some regional languages.
Communication: Flat 203, Block-2, University Residential Complex, University of Patanjali, Haridwar, Uttarakhand, 249405
Permanent: RZ G-9/B, West Sagarpur, New Delhi – 110046, INDIA.

Declaration:

I hereby declare that all the statements above are true and complete to the best of my knowledge.

Place: Haridwar

Date: 7th April 2023

SANDEEP KUMAR SINGH

Orcid Id: <https://orcid.org/0000-0003-1608-650X>

Reviewer's Credit: <https://www.reviewercredits.com/user/sandeep-singh/>

Google Scholar: <https://scholar.google.com/citations?user=CL85ou8AAAAJ&hl=en>

Scopus: <https://www.scopus.com/home.uri?zone=header&origin=>

LinkedIn: <https://www.linkedin.com/in/dr-sandeep-singh-yoga/>