

Resume

PERSONAL DETAILS

Name- **Dr Brijesh Singh** Mobile No: 7697403947
Father's name- Mr. Rajendra Singh 9131153765
Mother's name- Mrs. Ranjana Singh E- mail -
Date of birth- 01/05/1990 brijesh.dsvv@gmail.com,
Marital Status- Unmarried Nationality- Indian



CAREER OBJECTIVE-

- Dynamic and growing organization with I can utilize my skill.
- Contribute to the goal of the organization and maintain a never-ending learning process.
- I want to do my job with the potential and hardwork.
- I want to worked to totally dedicated and fullycreativity.

ACADEMIC QUALIFICATION

Degrees	University/Board	Year	Percentage & Division
PhD in Yoga Science	Dr. H.S. Gour University, Sagar (MP)	2017	Awarded
PhD Course Work	Dr. H.S. Gour University, Sagar (MP)	2014	5.15 CGPA (A Grade)
M.Sc. in Applied Yoga & Holistic Health	Dev Sanskriti Vishwavidyalaya, Haridwar (UK)	2010-2012	73.4 % (1 st division)
B.Sc. (Yoga & Psychology)	Dev Sanskriti Vishwavidyalaya, Haridwar (UK)	2007-2010	72.55 % (1 st division)
Intermediate (P.C.M.)	MP Board Bhopal	2007	83.68% (1 st division)
High school	MP Board Bhopal	2005	87 % (1 st division)
PGD in Yoga & Meditation	Dr. H.S. Gour University, Sagar (MP)	2016	71.17% (1 st division)
DCA	MP Bhoj (Open) University, Bhopal	2006	78.24% (1 st division)
NET in Yoga	UGC	2017	Qualified

PROFFESIONAL QUALIFICATION

- NSS “B” Certificate from Dev Sanskriti University, Gayatrikunj, Shantikunj, Haridwar (UK)
- Completed First Degree in Reiki/ Karuna Reiki of Natural healing from Institute of Reiki and Traditional Healing.
- **Computer Skill:** Basic Fundamental of Computer, MS Office and Internet Surfing.

LANGUAGES KNOWN- Hindi & English

WORK EXPERIENCE IN TEACHING AND RESEARCH

- Present working as an Assistant Professor in Yogashatra, KJSIDS, Somaiya Vidyavihar, University, Mumbai.
- Worked As an Project Associate (YOGA) at CSIR-Traditional Knowledge and Digital Library, New Delhi from 02/11/2019- 31/03/2020
- Assistant Professor Visiting Faculty in Dept of Yoga, AIISM, AMITY, Noida , UP from Oct 2020
- Worked as an Assistant Professor in Dept of Ashtang Yoga, Lakulish Yoga University, Ahemdabad, Gujarat from 02/07/2018 to 02/08/2019.
- Work as a Senior Yoga Expert at Samutkarsh Academy of Yoga, Music and holistic living, Ahmadabad 05/07/2017 to 26/03/2018.
- More than 3.8 Years Teaching Assistant Experience in Dept. of Yogic Studies, Dr. H. S. Gour University Sagar (MP) (Up to 15/07/2013- 23/03/2017)

WORK EXPERIENCE IN ADMINISTRATION

- Worked as an Assistant Registrar (Acedemic) from 01/08/ 2018 to 06/06/2019 at Lakulish Yoga University, Ahmedabad
- Worked as Rector from August 18, 2018 to 02/08/2019 at Lakulish Yoga University, Ahmedabad

SPECIALIZATION

- Yoga Therapy
- Naturopathy
- Accupressure and Marma therapy
- Reiki
- Pancha Karma
- Meditaion
- Yogic Psychotherapy
- Research worked experience

RESEARCH WORK / DESSERTATION-PROJECTS / SEMINARS / YOGA CAMPS

- A. Organized Yoga Camps in Uttar Pradesh, Madhya Pradesh and Maharastra states of India, during 2010 to 2012.
- B. **Graduation Dissertation** 1. “To Study the effect of Meditation on Self Confidence and Emotional Maturity.
2. “To Study the effect of Musical meditation on Stress Level.”
- C. **Post graduation Dissertation** tile are “To Study the effect of Yoga Nidra & instrumental Music on Eight state mood of Personality.”
- D. **PhD Thesis Title on-**
प्राणायाम एवं त्राटक का इंजीनियरिंग विद्यार्थियों के सृजनात्मक क्षमता पर पड़ने वाले प्रभाव का अध्ययन
- E. **Research paper-** Immediate effect of Musical Yoga Nidra on Hypertension.
- F. “Self development and Emotional Transmission by Music” presented on **Kumau University, Almora.**
- G. “To study the effect of Meditation on emotional Maturity” presented in **MDINY, New Delhi**
- H. “Immediate Cryogenically effect of pranayama on Blood Pressure, Pulse Rate , Temperature on students ” presented in **MDINY, New Delhi**
- I. “To study the effects of Yogic Intervention of Mood state of Drama Artists persons” presented in **MDNIY, New Delhi.**

RESEARCH PAPER PUBLISHED

- 1. To study the effect of Yoga Nidra and Instrumental Music on Mood State of Personality. INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS, ISSN-23202882, Volume 1, Issue 12, Dec 2013.
- 2. To study the effect of Meditation on Self Confidence and Emotional Stability. INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS ISSN-23202882, Volume 2, Issue 1, Jan 2014.
- 3. Sangeet Evam Samgra Swasthya, INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS, ISSN-23202882, Volume 2, Issue 3, March 2014
- 4. Shiksha evam Vidya Ke samanwaya se Vyaktitwa Ka Sawaangeen Vikas. Education For Peace and Value, ISBN-9788189740108, first edition 2016, Pranjal Publication.
- 5. Das Mahashaktiyon ke Mahatwa Ka Tantramahayoga Me Vardan, IJMRA, ISSN- 22490558, Volume 9, Issue 1, Jan 2019.
- 6. The impact of Ashtang Yoga as Body-mind Medicine, *Shabdarnava* , ISSN-2395-5104, Vol- 10, Issue-5, July-Dec-2019
- 7. *Yoga Antaraya evam Chitta Prasadana ke upay, Vedanjaali* (International Journal), ISSN-2349-364X, Vol-12, Issue-4, July-Dec-2019
- 8. Effect of Integrated Yoga Therapy on Refractive error of Eyes, IJRSS, ISSN- 2249-2496, Volume 10, Issue 8, Aug 2020.

SUPERVISOR (AWARDED DEGREE)

PhD	MPhil	PG
	1	2

INTERNSHIP & TRAINING

- First Internship complete at Hamirpur (U.P.) in 2010 for a 25 days.
- Second Internship complete at Agra (U.P.) in 2012 for a 20 days
- Organized 42 battaliyan PAC Police Training Yoga Camp in Azamgarh (U.P.)
- Training related to “Waste material Management”.
- Organize to for a 3-3 days Yoga Camp and personality refinement classes on Maharastra district at Nagpur, Chandrapur, Narkhed, Tiroda, Yavatmaal.

WORKSHOPS/ CME PROGRAM

- Participated in “CME Program for Yoga Teacher” 18-23 February 2019 organized by MDNIY, New Delhi
- Participated in National Yoga Week 12-18 February 2015 organized by Morarji Desai National Institute ofYoga, New Delhi.
- Certificate of Participation in Interaction Program for Research Scholars held From 03/12/2014-23/12/2014 Organized by Academic Staff College, Pt. Ravishankar Shukla University, Raipur CG
- Workshop in Yoga & Psychotherapy 04-13 November -2014 organized by Department of Yogic Studies, Dr.HarisinghGour University, Sagar, MP
- Participated in Workshop, Camp, Exhibition in Occasion of International Yoga day, 21 June 2015 organized by Department of Yogic Studies, Dr.HarisinghGour University, Sagar, MP
- Participated in National Yoga Week 12-18 February -2012 organized by Morarji Desai National Institute ofYoga, New Delhi.

ORIENTATION/ REFRESHER/ SHORT TERM COURSE

- Completed Faculty development Programme 10 Nov -9 Dec 2020, Organized by Teaching Learning centre Ramanujam College, University of Delhi.

CHAIRPERSON / KEYNOTE SPEAKER/ TRAINER/ ORGANIZING SECRETARY:

- **As a Guest Speaker** in Online Lecture series on the title of “Importance of Aahar, Vihar and Nidra for Senior Citizen”, 31st July 2021, organized by Vivekananda Kendra, Nardep.
- **Invited as a Chairperson** in National Seminar on the title of “Vartan samasyanon ke Pariprekshya me Yoga ki bhumika”, 17th July 2021, organized by the University Yoga Centre, Mohanlal Sukhadiya University, Udayapur, Rajasthan.
- **Invited as a Chairperson** in Seminar cum Worksho “Holistic Development: An Exploration through ancient Indian Education & Yoga ”, 21st & 22th June 2021, organized by the Dept of Education, Kumar Bhaskar Verma Sanskrit & AS University in Collaboration with AAYNA, Asam.
- **Invited Speaker** in Workshop Web talks on “Science of Breathing and Meditation”, 27th June 2021, organized by NSS Unit & Dept of Physical Education, Aryabhata College, New Delhi
- **Invited Speaker** in National Workshop on the title of “Boost Your immunity and prevent illness”, 24th June 2021, organized by Yoga and Meditation society and Dept of Physical education Ram Lal Ananda College, New Delhi.
- As a **Resource person** for 2 days National Workshop on the title of “Yoga & Meditation ” 22th June 2020 on organized by the college of Paramedical Science, Teerthankar Mahaveer University, Moradabad.
- **Invited Speaker** in E-Yoga Workshop on the title of “Yoga For Non Communicable Disease ”, 21st June 2021, organized by Shanti Arogyam Kendra, Shri Ganganagar, RJ
- **As a Guest Speaker** in Online Lecture series on the title “Root Analysis of Tratak in Behaviour Approach”, 19th June 2021, organized by Dept of Yoga Science, Shobhan Singh Jeena University, Almora, UK.
- **Invited Speaker** in Web talks on “Corona Ko harana hai Yoga Pranayama Apnanana hai”, 2nd May 2021, organized by Bhinsar Foundation, Rewa MP

- **Invited Speaker** in Web talks on “Fundamental Rights and Spiritual Awakening”, 9th September 2020, organized by TIFAC, DST Govt. of India, New Delhi.
- **Invited Speaker** in Web talks on “Indian Constitution and Spiritual Vision” 7th August 2020, organized by TIFAC, DST Govt. of India, New Delhi.
- As a **Resource person** for **Workshop** 31st July – 2 Aug 2020 on “Vedic Diet” Organized by PDI & SYP, New Delhi.
- **Invited Speaker** in National Webinar on “Ashtang Yoga as an boost immunity in COVID-19 ” 7th -9th July 2020, organized by Vipra Arts, Commerce and Physical Education College, Raipur, CG.
- **Invited Speaker** in Web Talk on “Stress Management Youth Empowerment and Yogic Vision ” 22th June 2020, organized by Bundeli Halchal, Sagar, MP.
- **Invited Speaker** in Webinar “Yoga and Psycho immunity ” 21th June 2020, organized by Samartha Foundation, Lucknow, UP.
- **Invited Speaker** in National Webinar on “Role of Education, Society and yoga in the current scenario of COVID-19 pandemic” 20th June 2020, organized by ABC College of education, Patna, Bihar.
- **Invited Speaker** in International Yoga Day Celebration on “Youth Empowerment and Yogic Vision ” 20th June 2020, organized by Bhinsar Foundation , Rewa , MP.
- **Invited Speaker** in Conference on “Yoga and Present Challenges ” 19th June 2020, organized by Yoga Shikshak Sangha, New Delhi.
- **Invited Speaker** in Web Talk on “Pratyahar with Special reference to PYS ” 17th June 2020, organized by IYDA, Jodhpur, Rajasthan.
- As a **Resource person** for **Workshop** 16th -18th June 2020 on “Yoga Practice for Brain Rejuvenation ” Organized by PDI & SYP, New Delhi.
- **Invited Speaker** in International Yoga Day Celebration on “Psychogenesis and Wisdom of Patanjali Yoga sutra in social relevance” 15th June 2020, organized by Dept of Yoga, Kumayu University, Nainital, India, New Delhi.
- **Invited Speaker** in National Workshop on “Breathing and Pranayama” 12th June 2020, organized by Aryabhatta College (Delhi University) India, New Delhi.
- As a **Resource person** for **Workshop** 12th -18th May 2020 on “Nada Yoga and Mindfulness ” Organized by PDI & SYP, New Delhi.
- **Invited Speaker** in Special Web Talk in “COVID-19 Trauma and Its Management in

the light on Patanjali ” 7th May 2020, organized by Pragya Yoga Alliance, Jaipur Rajasthan.

- **Invited Speaker** in Special Talk in “Yoga and Human Health” 29th June 2019, organized by Dept of Education, RB Patel English medium Bed College in Gnadhinagar GJ.
- **Keynote speaker** in Occasion of International Yoga Day program 21st June 2019 invited by Central Council of Research in Ayurveda Science , Ahemdabad.
- **Organizing Secretary** of National Workshop 01-02 March 2019 on “Marma Therapy and Helath” Organized by Lakulish Yoga University, Ahmedabad.
- **Keynote speaker** at National Seminar 10-11 January 2019 on “Yoga for Positive Health and Wellness” organized by Lakulish Yoga University Ahemdabad.
- **Chairperson** at National Seminar 10-11 January 2019 on “Yoga for Positive Health and Wellness” organized by LakulishYoga University Ahemdabad.
- As an **Yoga Expert** 3 Days Workshop 31March to 01 April 2018 in “Health Promotion & Yoga” organized by Compulin company at **Nairobi, Kenya.**
- As an **Yoga Expert** 1 Days Workshop 4th April 2018 in “Health Promotion & Yoga” organized by Shri Sanatan Hindu Union, **Kisumu, Kenya.**

SEMINAR & CONFERENCES / KEY MEETINGS:

- Participated **National and International Webinar** and Get **43 E- certificate** till 2021.
- Participated in National Seminar 15 March 2019 on “Applied Therapeutic Efficacy of Yoga Practices ” organized by Central University of Gujarat, Gandhinagar.
- **Presented Research Paper** in National Seminar 10-11 January 2019 on “Yoga for Positive Health and Wellness” organized by Lakulish Yoga UniversityAhemdabad.
- Participated in Gyanotsav 14-15 December 2018 organized by Indian institute of Teacher Education, Gandhinagar, Gujarat.
- Participated in International thematic Seminar on “Stress and Behaviour” 22 Feb 2017 organized by Dept of Biotechnology, Dr. Hari Singh Gur University, Sagar MP
- Participated in National Seminar on “Emerging Trends of Research in Yoga & Naturopathy” 16-18th September 2016 organized by CCRYN, New Delhi.
- Participated in National seminar on “Yoga and Mental Health” 20-21 June 2016 Department of Yogic Studies, Dr.Harisingh Gour University, Sagar, MP
- Participated in National Seminar and workshop on Yoga & Mental Health ,20-21 June -2016

organized by Department of Yogic Studies, Dr.Harisingh Gour University, Sagar, MP

- **Presented Research Paper** on Title of “Shiksha Aur Vidya Ke Samanvaya se Vyaktitwa ka Sarwaangeen Vikas” National Seminar on Education for Peace and Value ,15-16 March 2016
Organized by Department of Education, Dr.Harisingh Gour University, Sagar, MP
- **Presented paper** on title of “Immediate Cryogenic effects of Pranayama on Blood Pressure, Temperature and Pulse rate of students” National Yoga Week 12-18 Feb 2015 Organized by Morarji Desai National Institute of Yoga, New Delhi.
- **Presented paper** on title of “To Study the effect of Yogic Intervention on Mood states of Drama Artist Persons” National Yoga Week 12-18 Feb 2015 Organized by Morarji Desai National Institute of Yoga, New Delhi.
- **Presented Research Paper** on Title of “Yoga as a Tradition” in National Seminar on Prachin Bharatiya Jnan-Vijnan Parampara 25-26 March 2014 Organized by AtalBihari Vajpayee Hindi Vishwavidyalaya Bhopal, M.P.
- **Presented paper** on title of “To Study the effect of Meditation on Emotional Stability” National Yoga Week 12-18 Feb 2012 Organized by Morarji Desai National Institute of Yoga, New Delhi.
- **Presented Research Paper** on Title of “Self Analysis in Indian Context and realization through Musical Meditation ” National Seminar on Cultural Transformation of Selfhood and Identity: Emerging Dialogues, 26-28 February 2011 Organized by Department of Psychology, Kumaun University, Almora UK
- Participated in National Seminar on Management of Mental Disorders 7th April 2011 organized by Collaboration of Patanjali Yogadham Trust and Department of Human Consciousness and Yogic Science, gurukul Kangari University, Haridwar
- **Presented paper** in title of “Role of music in Psychotherapy: Facts and Depiction” National seminar on Indigenous Technique in Psychotherapy, Concept and Application, 25-27 March 2011 Organized department of Clinical Psychology, Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar UK
- **Presented paper** in title of “Self development and Emotional Transmission by Music ” National seminar on Indigenous Technique in Psychotherapy, Concept and Application , 25-27 March 2011 Organized department of Clinical Psychology, Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar UK

VISITING FACULTY/ EXAMINER/ PAPER SETTER

- As an examiner Department of Yoga, Gujarat Vidyapeeth, Ahmedabad, GJ

- Visiting Faculty in Dept of Yoga and Human Consciousness at Dev Sanskrit University, Haridwar, UK
- Visiting Faculty in Dept of Yoga Education at Dr Hari Singh Gour University, Sagar, MP
- Visiting Faculty in Dept of Physical Education in Pt Ravi Shankar University, Raipur, CG

BOARD OF STUDIES

- Member of BOS, Dept of Yoga, Gujarat Vidyapeeth, Ahmedabad.
- Worked as Member of BOS, Dept of Ashtang Yoga, Lakulish Yoga University, Ahmedabad.

ACADEMIC COUNCIL

- Worked as Member of Academic Council, Dept of Ashtang Yoga, Lakulish Yoga University, Ahmedabad.

DRCC

- Worked as Member of DRCC, Dept of Ashtang Yoga, Lakulish Yoga University, Ahmedabad.
- Worked as Member of DRCC, Dept of Karma, Gyan and Bhakti Yoga (KGB), Lakulish Yoga University, Ahmedabad.

MEMBERSHIP OF JOURNAL AND ORGANIZATION

- Lifetime membership of Indian Yoga Association as Yoga Professional, New Delhi
- Life time membership of Bhartiya Shikshan Mandal, Nagpur
- Membership of International Naturopathy organization of New Delhi.
- Editorial Member in “Journal of Yoga” published by Lakulish Yoga University, Ahmedabad GJ
- The board of committee is appointed as an „Editorial Members“ for all associated journals of Blue Eyes Intelligence Engineering and Sciences Publication Pvt. Ltd. (BEIESP).
- An active IJCRT RMS member of the esteemed International Journal of Creative Research Thoughts IJCRT (www.ijcrt.org) (ISSN: 2320-2882)(UGC list No. 49023)

- Member of DIYA (Devine Indian Youth Association), Dev Sanskriti Vishwavidyalaya, Haridwar.
- Active member of Akhil Vishwa Gayatri Pariwar (AWGP) Shantikunj, Haridwar UK

EXTRA ACTIVITIES / HOBBIES

- Health camp & campaign, activity to promote Vedic Education.
- Activity to promote related woman empowerment and “Vyasankmukti Abhiyan”.
- Activity related Indigenous technique program.
- Music and Reading books.
- Anchor and Orator Spiritual talk.

REFERENCES

- **Prof RP Tiwari**
Vice chancellor, Dr. Hari Singh Gour University, Sagar (MP)
- **Dr. Chinmaya Pandya**
Pro VC , Dev Sanskriti Vishwavidyalaya, Haridwar, U.K.
- **Dr. Suresh Lal Varnawal**
HOD of Yoga , Dev Sanskriti Vishwavidyalaya, Haridwar, U.K.
- **Dr. Arun Kumar Sao**
Assistant Professor of Dept. Of Yoga Education
Dr. H.S. Gour University, Sagar (MP)
- **Dr Vivek Maheshwari**
Associate Professor in Dept of Ashtang Yoga, Lakulish Yoga University, Ahmedabad.
- **Dr Vijayalakshami Asthana**
PI, CSIR-TKDL, New Delhi

I here by declare that all the information is true and correct to the best of my knowledge.

DATE-

PLACE- New Delhi



Dr. Brijesh Singh