

BRIEF BIO-DATA

Name : **Dr. Udham Singh**

Designation : Assistant Professor

Pay Level : 12

Institution's Address : Department of Yogic Science
Faculty of Yoga and Physical Education
Gurukula Kangri (Deemed to be University),
Haridwar 249404

Date of Birth : 04th March, 1981

Residential Address : H. No. 15, Bada Pariwar
Gurukula Kangri (Deemed to be University)
Haridwar (Uttarakhand)- 249404

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Academic Qualifications :

Examinations	Name of the Board/ University	Year of Passing	Division
<i>High School (10)</i>	<i>MP Board, Bhopal</i>	<i>2000</i>	<i>II</i>
<i>Intermediate (10+2)</i>	<i>MP Board, Bhopal</i>	<i>2002</i>	<i>I</i>
<i>Graduation B.Com.</i>	<i>Jiwaji University, Gwalior</i>	<i>2005</i>	<i>II</i>
<i>M.A. (In Yogic Science)</i>	<i>Dev Sanskriti University, Haridwar</i>	<i>2007</i>	<i>I</i>
<i>M. Phil. (In Yogic Science)</i>	<i>Barkatullah University, Bhopal</i>	<i>2009</i>	<i>I</i>
<i>Ph.D. (In Yogic Science)</i>	<i>Gurukula Kangri Vishwavidyalaya, Haridwar</i>	<i>2015</i>	<i>-</i>

M. Phil Thesis Topic: Patanjala Yoga Sutra mein Jeevan Prabandhan

PhD Thesis Topic: Shift Workers Ki mansik Swasthya Samabandhi Samasyayon ka Yogic Prabandhan

Current Position:

- Working as Assistant professor in the Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar from 25 March, 2011 till date.

Professional Experience:

- Worked as a Yoga Teacher in the Staff Training College, central Bank of India, Bhopal from 20 April 2010 to 20 March, 2011
- Conducted stress Management Workshop in Ministry of Chattisgarh Govt.
- Conducted many workshop & seminar topic of Stress Management / Time Management / Personality Development etc. in different companies, school, college, Institutions, companies, Police training school, C.I.S.F. unit, jail etc.

Additional work:

- Nodal officer, Online Students Grievance Redressal portal, UGC, Gurukula Kangri (Deemed to be University), Haridwar
- Coordinator, Departmental IQAC Committee, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar since July, 2021
- Member, Departmental IQAC Committee, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar from July, 2012 to June 2021
- Nodal officer, Haridwar District Youth Parliament, 2019
- Program Officer, National Service Scheme from July, 2017 to June, 2019
- Coordinator, Naturopathy Lab since 20/03/2012
- In-charge, Departmental Library since 02/09/2014

Member of Academic Bodies

- Member, IQAC, Gurukula Kangri (Deemed to be University), Haridwar since September, 2021
- Member of BOS, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar since July, 2015
- Member of Editorial Board, Journal of Social Science, HP University Shimla since December, 2020
- Member of Editorial Board, Vaidik Vag Jyotih, International Vaidik Journal, Gurukula Kangri (Deemed to be University), Haridwar since July, 2018

Area of Specialization:

- Yoga Education, Yoga Philosophy, Hathyoga, Applied Yoga, Yoga & Human Excellence

Teaching Experience: 11.5 Years

Research Experience: 14.5 Years

No. of PhD Awarded: 02; Currently 04 Scholar are under supervision

Professional Recognition/Award/Prize/Certificate, Fellowship:

1. Honored with ***Gaurav Samman Award*** by Pradeep Kumar Chaudhry, M.P. for his contributions in the field of Yoga from Manav Kalyan Society at ***Constitution club of India***, New Delhi on 31 October, 2021
2. Honored with ***Utkrisht Shikshak Samman*** by **Dean, Faculty of Yoga and Physical education**, Gurukula Kangri (Deemed to be University), Haridwar for his special contributions and work on departmental level on 30 November, 2021.
3. ***Certificate of honor*** by Dean, Faculty of Health Science, Gurukula Kangri (Deemed to be University), Haridwar for his contributions in the dept. of Yogic science on the occasion of ***National Teachers Day*** 5 September, 2019

Conferences/Seminars/Symposia attended and Paper presented: 59

Organizing conferences/ seminar/workshop and other Departmental activities: 50

Publications

- Research Papers/ Articles : 22
- Book: 02
- Edited Books Authored : 02
- Research Papers/ Articles in Conference Proceeding: 02
- Chapter in Book: 06

Orientation & Refresher course:

- Participated in UGC Sponsored Orientation Program organized by UGC-Academic Staff College, Laxmi Bai National University of Physical Education, Gwalior, MP from 28 February to 27 March, 2013.
- Participated in UGC Sponsored Refresher Course on Disaster Management organized by UGC-HRDC, University of Allahabad UP from 09 to 29 January, 2016.
- Participated in DST Sponsored Faculty Development Program on Entrepreneurship organized by National Institute for entrepreneurship and Small Business Development, Gautambuddh Nagar (UP) from 24 September to 08 October, 2018.
- Participated in Pandit Madan Mohan Malviya National Mission on Teachers and Teaching, Ministry of HRDC, Govt. of India sponsored Faculty development program on Managing online Classes and Co-Creating Moocs: 2.0 organized by Teaching Learning Centre Rmanujan College, University of Delhi from 18 May to 03 June, 2020.
- Participated in Pandit Madan Mohan Malviya National Mission on Teachers and Teaching, Ministry of HRDC, Govt. of India sponsored Faculty development program on Open source tools for Research organized by Teaching Learning Centre Rmanujan College, University of Delhi from 08 to 14 June, 2020.
- UGC Sponsored Online Refresher Course on Science & Technology of Yoga and Meditation (Physical Education) UGC-Human Resource Development Centre

Sardar Patel University, Vallabh Vidyanagar, Gujarat from 07 to 20 December, 2020.

Membership:

- Life Membership in **World Association for Vedic Studies, India**
- Life membership in **Indian Philosophical Congress Association, India**
- Life Membership in **Indian Science congress Association, Haridwar Chapter**
- Life Membership in **Gurukula Kangri Vishwavidyalaya, Alumni Association**
- Member in **Bharat Vikash Parishad, Haridwar**

Date: 22.08.2022

Place: Haridwar

(Udham Singh)