

Curriculum vitae

KULDEEP SINGH

Personal Details

Address: VPO Nanagwas, Teh. Neemrana,
Distt. Alwar, Rajasthan - 301704
Telephone: +91 9079723744
E-mail: kuldeppyp@gmail.com
Citizenship India

Professional Qualifications

University of Patanjali, Haridwar, Uttarakhand
[2014 - 2017]
BA with Yoga science

Uttarakhand Sanskrit University, Haridwar, Uttarakhand
[2017 - 2019]
MA with Yoga science

UGC-NET qualified

Employment History

Assistant Professor (Guest Faculty),
Hemwati Nandan Bahuguna Garhwal Central University, Srinagar,
Uttarakhand
Academic session 2019 - 2020

Invited Seminars and Invited Conference Presentations (last 5 years)

Phycho – spiritual approach to Yoga, 6th International conference, Indian Association of Yoga, New Delhi & Department of Yogic Science, Uttarakhand Sanskrit University, Haridwar.

Teaching

Yoga philosophy and history
Yoga therapy and physiology

Publications

Research Papers in Peer-Reviewed, UGC listed or SCOPUS Journal

1. (2019). Elements of Emotional Intelligence in Bhagwad Geeta. International Journal of Advanced Science and Technology, 28, 460-468. ISSN No 2005-4238.

- 2.** (2019). Effect of Nada Yoga on Hypertension & Anxiety Level. GIS Business, 14, 1-16. ISSN No 1430-3663.
- 3.** (2020). A Review on Yoga Management for Depression. Studies in Indian Place Names, 40, 734-740. ISSN No 2394-3114.
- 4.** (2020). Importance of Yoga in mental health and emotional maturity. Studies in Indian Place Names, 40, 539-556. ISSN No 2394-3114.
- 5.** (2020). The Effect of Om Chanting and Bhramri Pranayama on The Children's Academic Anxiety and Stress Level. Our Heritage, 68, 7620-7629. ISSN No 0474-9030.