

# Curriculum Vitae

<b>Name</b>	Satyam Kumar Singh		
<b>Designation</b>	Assistant Professor		
<b>Department</b>	Yoga Science, Campus		
<b>University</b>	Ccs University, Meerut, Uttar Pradesh		
<b>Mobile</b>	91-9267000010		
<b>Email</b>	<a href="mailto:satyamdousa@gmail.com">satyamdousa@gmail.com</a>		
<b>Educational Qualification</b>	<b>Degree (Year)</b>	<b>University</b>	
	1. Ph.D Yoga (Pursuing)	1. SJJT University, Rajasthan	
	2. M.A. Yoga (2018)	2. Uttarakhand Open University, Uttarakhand	
	3. M.A. Hindi Lit. (2022)	3. Ccs University, Meerut	
	4. M.A. Philosophy. (2025)	4. Ccs University, Meerut	
	5. UGC NET Yoga (2019)	5. UGC	
6. B.Tech. (AU Eng.) (2015)	6. Dr AKTU University, Lucknow		
<b>Teaching Experience</b>	8 YEARS	<b>Research Experience</b>	6 YEARS
<b>Areas of Interest / Specialization</b>			
Yoga Philosophy, Literature, Naturopathy, Yoga Therapy, Yoga Psychology, Hathyoga, Ayurveda			

## Work Experience

- Working as an Assistant Professor at Yoga Science Department Campus, Ccs University, Meerut. From 9 Aug 2023 to Till.
- Worked as a Guest Lecturer at Yoga Science Department, Ccs University Campus, Meerut From 23 Dec 2018 – 8 Aug 2023.
- Worked as a Yoga Instructor at Maharishi Aurbindo Subharti Naturopathy Institute, Subharti University, Meerut in 2018.

## ACADEMIC ACHIEVEMENTS

- Qualified AIMA MAT IN 2015.

- Qualified IIT JEE Mains in 2013.

### **Extra Skills**

- Played at CBSE National Football Tournament (Under 19 age of group) held at JP Academy Mawana Road Meerut, UP.

### **Research Paper Published**

- **Satyam K Singh, Sandeep Dongre, (2024), Impact of Yoga on Quality of Life and Role of Social Media**, Journal of Communication and Management, Jaipur, ISSN 2583-617X, Vol-03 Issue 02 2024, pp-141-144, <https://doi.org/10.58966/JCM20243210>
- **Satyam Kumar Singh, "Gherand Sahita Me Jivan Ki Gunvata me Sudhar Ev Sharir, Man Aur Aatma Ke Poshan Ke Liye Yogaabhyash"**, Vidyawarta, Peer Reviewed International Journal, ISSN:2319-9318, Volume.2, Special Issue 4, pp25-29, Jan-Mar 2024.
- **Satyam Kumar Singh, "Paramparik Yog ka Manav Jeevan Ki Gunvatta par Prabhaav, "**, Shodh Prerak, A Multidisciplinary Quarterly International Peer Reviewed Refereed Research Journal, ISSN:2231-413X, Issue IV, pp131-138, Oct 2024.
- **Satyam Kumar Singh, "Yogik Granthon MeVarnit Shatkarmon Ka Maanviy Svasthya Par Prabhaav, "**, Annals of Multi-Disciplinary Research, A Quarterly International Peer Reviewed Refereed Research Journal, ISSN:2249-8893, Volume.14, Issue IV, pp210-216, Dec 2024.
- **Satyam Kumar Singh, Dr Sandeep Dongre "Bhagwadgita Ki Vartmaan samay me praasangikta avam media ki bhumika, "**, Innovative Research Thoughts In Social Sciences, Peer Reviewed Refereed Biannual Open Access Research Journal, ISSN:3107-5096(online), Volume.1, Issue 2, Dec 2025, <https://doi.org/10.5281/zenodo.17637949>

### **Conference / Workshop Attended Presentation- International**

- Presented research paper entitled, **"Gherandsamhita me Jeevan Ki Gunvatta me Sudhar avam Sharir, Mann aur aatma ke Poshan Ke liye**

**Yogabhyasa**” in the Three Days International Conference on “Yoga Venture: Embarking the Journey of Mind, body and Soul”, organised by Yoga Department, Shri Rawatpura Sarkar University, Raipur, Chhattisgarh from 21th -23th Feb 2024.

- Presented research paper entitled, “**Samagra svasthya par yog ka prabhaav: ek vishleshnaatmak adhyayan**” in the two Days International Conference on “Scientific exploration of principles and practices of yoga”, organised by Yoga Department, Uttarakhand Sanskrit University, Haridwar from 25th -26th May 2024.

### **International/National Presentation**

- Presented research paper entitled, “**Bhagwadgita Ki Vartmaan samay me praasangikta avam media ki bhumika**” in the one day National Conference on “Indian Knowledge System and Media” organised by Tilak School of Journalism & Mass Communication, Chaudhary Charan Singh University, Meerut on 27<sup>th</sup> March, 2024.
- Presented research paper entitled in Two Days International Seminar on, “**Scientific exploration of principles and practices of yoga**”, organised by Yoga Department, Uttarakhand Sanskrit University, Haridwar from 25th -26th May 2024.
- Presented research paper entitled “**Anatsranskritik Sampreshan Aur Yog**”, in One Day National Seminar on, “Historical and Sociological aspects of art, craft, Culture, Communication & Folk Traditions of Braj Region”, Organised by Tilak School of Journalism and Mass Communication, Chaudhary Charan Singh University, Under the ICSSR Project on 14th June 2025.

### **Conference / Workshop/Seminars Attended as Member of Organizing committee**

- Participated in Two Days International Conference as a **Member of Organizing Committee** on, “**Moving Towards Healthy Society: A Confluence of Knowledge and Experience**”, Under the Auspices of **Raj Bhawan Uttar Pradesh**, Jointly Organised by Ccs University Meerut & LLRM Medical College, Meerut on the Occasion of International Yoga Day From 11<sup>th</sup> to 12<sup>th</sup> June 2025.

### **Lectured/Speaker**

- Delivered a Talk/Lecture on Value added Course on Topic- Psychology in Everyday Life on, “**Psychology in Everyday Life**”, Organised by Department of Psychology, Ccs University Meerut From 29 Nov 2023- 16 March 2024.

### **Participation–International/National– Seminar/Workshop Conclaves**

- Participated in One Day Seminar on, “**Yoga & Naturopathy**”, Organised by International Naturopathy Organisation (INO) on 18<sup>th</sup> Feb 2018.
- Participated in 2<sup>nd</sup> Annual International Conference on, “**Yoga for Holistic Health**”, Jointly Organised by Central Sanskrit University, Shri Ranbir Campus Jammu & Morarji Desai Institute of Yoga, Delhi from 29<sup>th</sup> to 30<sup>th</sup> May 2023.
- Participated in Three Days International Conference on, “**Yoga Venture: Embarking the Journey of Body, Mind and Soul**”, Organised by Shri Rawatpura Sarkar University, Raipur & Sponsored by IUCYS Bengaluru From 21<sup>th</sup>-23<sup>rd</sup> Feb 2024.
- Participated in One Day International Seminar on, “**Ethics in Yoga and Sports**”, Organised by Dayanand College, Hisar on 2<sup>nd</sup> March 2024.
- Participated in One Day International Conference on, “**Integration of Yoga In Higher Education (Harmonising Minds And Academia)**”, Organised by Kaivalyadhama, Lonavala on 3<sup>rd</sup> March 2024.
- Participated in Three Days International Workshop on, “**Marma Therapy (Vedic Medical Science)**”, Jointly Organised by Mahila Adhyayan Kendra, Ccs University Meerut & Mrityunjay Mission Kankhal , Haridwar From 15<sup>th</sup> to 17<sup>th</sup> March 2024.
- Participated in Three Days National Conference on, “**Indian Knowledge System and Media**” Organised by Tilak School of Journalism & Mass Communication, Ccs University Meerut on 27<sup>th</sup> March 2024.
- Participated in Two days National Seminar on, “**Holistic Approach to Healing Therapies for Body & Mind**”, Organised by Department of Physical Education, RG College Meerut from 19<sup>th</sup> to 20<sup>th</sup> March 2024.
- Participated in One Day National Seminar on, “**Viksit Bharat me Sankalpna me Samajik sashaktikaran ke Vividh Aayam**”, Organised by Mats University Raipur & Rawatpura Sarkar University Raipur on 20<sup>rd</sup> March 2024.
- Participated in Two Days International Seminar on, “**Scientific exploration of principles and practices of yoga**”, organised by Yoga Department, Uttarakhand Sanskrit University, Haridwar from 25<sup>th</sup> -26<sup>th</sup> May 2024.
- Participated in One day National Seminar on, “**Land Restoration, Desertification and Drought Resilience in Indian Perspective**”, Organised by Department of Zoology, CCS University, Meerut on 03<sup>rd</sup> June 2024.
- Participated in One day National webinar on, “**Yoga and Meditation: A Component of New Education Policy**”, Organised by Govt. College Akoda Bhind, Madhya Pradesh on 10<sup>th</sup> Sept 2024.
- Participated in One day National Conclave on, “**Yoga - An Instrument of Cultural Symphony in Social Dimension in online Mode**”, Organised by Kaivalyadhama, Lonavala on 5<sup>th</sup> Oct 2024.
- Participated in Two days 2<sup>nd</sup> International Conference on, “**The Present & Future of Yoga, Ayurveda, Accupressure & Entrepreneurship**”, Organised by Uttarakhand Ayurved University, Gurukul Campus Haridwar & Yog Sports Federation, Delhi From 12<sup>th</sup> –13<sup>th</sup> November 2024.
- Participated in Two days National Conclave on, “**Yoga - An Instrument of**

**Cultural Symphony in Spiritual Dimension in online Mode**”, Organised by Kaivalyadhama From 18<sup>th</sup>-19<sup>th</sup> Oct 2024.

- Participated in Three days 11<sup>th</sup> International Conference on, “**Yoga In Cancer Care (Scope, Evidence and Evolution)**”, Organised by Kaivalyadhama From 4<sup>th</sup>-7<sup>th</sup> Dec 2024.
- Participated in One day National Seminar on, “**Human Rights and Indian Youth**”, Organised by Department of Political Science in Collaboration with Indian Political Science Assosiation (IPSA) From 12<sup>th</sup> Jan 2025.
- Participated in Two days National Seminar on, “**Yoga and Self Reliance**”, Organised by Department of Yoga, Baba Saheb Bhimrao Ambedkar University, Lucknow in Collaboration with Yoga Wellness Centre, BBAU, Lucknow From 20<sup>th</sup>-21<sup>th</sup> Dec 2025.
- Participated in One day Workshop on, “**Empowering Educators Through AI Tools: Enhancing Teaching, Research and Academic Skills**”, Organised by Chaudhary Charan Singh University, Meerut, Uttar Pradesh, India on 5<sup>th</sup> June 2025.
- Participated in One day National Conference on, “**Historical and Sociological aspects of art, Craft, Culture, Communication & Folk Traditions of Braj Region**”, Organised by Tilak School of Journalism and Mass Communication, Chaudhary Charan Singh University, Under the ICSSR Project on 14<sup>th</sup> June 2025.

#### **Participation–Faculty Development Programs (FDPs)**

- Participated in Ten days UGC Sponsored **NEP 2020 Orientation and Sensitization Programme**, Organised by CPDHE, UGC-MMTTC, University Of Delhi. From 18<sup>th</sup> Feb-28<sup>rd</sup> Feb 2025.
- Participated in Ten days UGC Sponsored Short Term Programme on, “**Education and Indian Knowledge System**”, Organised by UGC-MMTTC, Indian Institute of Teachers Education, Gandhinagar, with Grade A Plus. From 24<sup>th</sup> Feb-03<sup>rd</sup> Mar 2025.
- Participated in 41<sup>st</sup> Eight days UGC Sponsored Online **NEP Orientation & Sensitization** Programme Organised by UGC-MMTTC, Jamia Millia Islamia, Central University New Delhi From 20<sup>th</sup> Jan-29<sup>th</sup> Jan 2026.

**Place:** Meerut

**Satyam Kumar Singh**  
Assistant Professor