


# DR. SHATRUGHAN SINGH

**(MA, M.Sc, Ph.D)**

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| Degree | Institution | Field of Study | Year |
|---|---|---|---|
| **Ph.D.**<br>Doctor of Philosophy | **S-VYASA Yoga University**<br>(Swami Vivekananda Yoga Anusandhana Samsthana University) Bangalore, Karnataka | Stress Management of Executives | **2014** |
| **M.Sc.**<br>Master of Science | **S-VYASA Yoga University**<br>(Swami Vivekananda Yoga Anusandhana Samsthana University) Bangalore, Karnataka | Yoga & Management | **2004** |
| **M.A.**<br>Master of Arts | Jain Vishwa Bharathi University,<br>Rajasthan | Arts | **2002** |

## Position:-

1. Currently serving as Assistant Professor and HOD (from July 25-2017 upto till date) under the Department of Yoga Sciences.

2. Served Jagadguru Ramanandacharya Rajasthan Sanskrit University (from 10th April 2015 to 24th July 2017) as Advisor & Consultant.

3. Deputed from Division of Yoga & Management Studies to Administration as a CAO (Chief Administrative Officer) till March 2015 at Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru, India (A deemed to be University recognized by the Ministry of Human Resource Development, Government of India through University Grants Commission)

4. Assistant Professor (2004 to March 2015) at the division of Yoga and Management Studies at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, India (A deemed to be University recognized by the Ministry of Human Resource Development, Government of India through University Grants Commission)

5. Faculty and HOLYSM (Holistic System of Management) Coordinator**,** Vivekananda Yoga Anusandhana Samsthana (A Non-profit Organisation), Bangalore, 2000 – 2002.

## Achievements

- As a Chief Administrative Officer, our preparation, projection of our innovation & scientific exploration and academics lead SVYASA University to **A+ accreditation from NAAC** in the year 2014.
- As a MR (Chief Administrative Officer), our preparation, projection of our innovation &scientific exploration and academics lead SVYASA University to **ISO 9001:2008accreditation (This is firstUniversity got ISO Certificate)**in the year 2011.

## Positions at other Institutions

1. Member of Mid Term Plan Community of UGC (Ministry of MHRD) Govt. of India.
2. Examiner for Quality Council Govt. of India (August 01, 2015 up to till date)
3. Paper setter for Quality council Govt. of India (August 01, 2015 up to till date)
4. Visiting faculty at MDS University (from 2015 up to till date), Ajmer Rajasthan.
5. Visiting faculty at Maharaja Gangasingh University (from 2017 upto till date), Bikaner Rajasthan.
6. Visiting faculty at Rajasthan ILD Skill University,(from 2019 upto till date) Jaipur Rajasthan.

## Board of Studies and Board of Examinations

- As an External expert for designing the Master degree syllabus (M.Sc.) at Maharshi Dayanand Sarasvati University (State University), Ajmer, India.
- As an External expert for designing the Master degree syllabus (M.Sc.) at Maharaja Ganga Singh University (State University), Bikaner, India.
- As an External expert for designing Bachelor degree (B.Sc. – Yoga therapy) and Master degree (M.Sc. – Yoga therapy) at Mahatma Gandhi University of Medical Sciences & Technology (MGUMST), Jaipur, Rajasthan.
- As an External expert for scrutinizing the paper sets of Mater degree courses at Mahatma Jyoti Rao Phoole (MJRP ) University, Jaipur, India
- As an External expert for designing Bachelor degree (B.Sc. – Yoga therapy) Rajasthan ILD Skills University (RISU) Jaipur , India
- As an external technical committee member for designing the Level-1 and Level-2 syllabi of Quality council Govt. of India, New Delhi, India.

- **Invited talks (National)**

- Consistently delivering invited talks on Yoga, Yoga Research, Sleep physiology & consciousness and Physiology of yoga practices in the Universities viz., Mangalore University, and SBG central university.

- **Invited talk (International)**

- Delivered talk in the Sports Universities of China (Yunnan Minzu and Yunnan University), Union Yoga Ayurveda Institute, Singapore. Vyasa Yoga, Ayurveda Singapore Pte .Ltd,UAE , Malaysia, Shreelanka , bankokand Europe, Turkey, France Purtgal etc.

## Research Guidance and Supervision

- Completed guiding 1 PhD Student as co guide
- Completed the partial fulfillment of the dissertation of 200 M.Sc. students.

## Other Experiences

- Worked as Scientific ExhibitionIn-change for 20th International conference on Diabetes and its mechanism, at S-VYASA, Bengluru, January 02-05, 2013
- Worked as Scientific ExhibitionIn-change for 1st International conference on Yoga and Naturopathy organized by AYUSH, Govt. of Karnataka in Bengluru, February 11-14, 2012
- Worked as organizing secretary for 19th International conference on Global health, education and peace, at S-VYASA, Bengluru, December 22-25, 2011.
- Worked as the Scientificsession's In-charge for 6thInternational conference on Yoga and Cultural synthesis, at Kaivalyadhama,Lonavla, December 27-30, 2009.
- As an organizer of training on "Yoga teacher training" at Gujarat for phycle education teacherfor government of Gujarat2011 – 2012.
- As the organizer for 1st International Conference on "Yoga, Cow and Rural Reconstruction", at Swami Vivekananda Yoga Research Foundation, Bengaluru, December 28-30, 2008.
- As a member of Scientific Committee for 15th International Conference on Frontiers in Yoga Research & its Applications, Make every mother and child count", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, in December 16-19, 2005
- Guided the post graduate students as the technical expert for their dissertation work at S-VYASA University from January 2005 to December 2014, Bengaluru, India.

## Publications

1. **Singh S**, Pradhan B, Nagendra H.R, Effect of SMET Program based Lifestyle on Cognitive Task of Managers. Indian Journal of Applied basis Medical Science 2013 45(2), 225-2858.

2. **Singh S**, Pradhan B, Nagendra H R, Administration of Stress Management Programme on Somatic Indicators of Stress and State Anxiety of ONGC Managers. Indian Journal of Public Administration, Jan-Mar (2013), 9(1) 0019-5561.

3. **Singh S**, Pradhan B, Nagendra H.R, Effect of SMET program on Attenton of top line managers, Journal of Science,PhysicalEducation,Applied Social Science, Commerce and Education,2012,0976-2175

4. **Singh S**,Vijayvergiya D, Effect of Gayatre Mantra Based on Lifestyle on Cognitive Task , Journal of Recent Research and Applied Studies, 2016, 2349-4891.

5. **Singh S**. Rathore V, Impact of adoption of yoga way of life on the emotional intelligence of executives , Journal of multidisciplinary research and modern, 2016,2454-6119

6. **Singh S** , Rathore V, Importance of yoga as integral element in improving managerial performance in organizations , Journal of Recent Research and Applied Studies , 2016 ,2349-4891

7. **Singh S**, Vijayvergiya D, Effect of Specific inverted Postures on Attention for College student , Journal of Engineering Research and Modern Education ,2016 , 2455-4200

8. **Singh S**. RathoreV,Yoga Practice helps in sport and games , Journal of Mulitidisciplinary Research and Modern Education ,2017 ,2454-6119.

9. **Singh S**. Rathore V, Yoga Demension in Modern education , Journal of Mulitidisciplinary Research and Modern Education ,2017 ,2454-6119.

10. **Singh S**. Rathore V , Sharma M K , Effectiveness of SMET Programme with Respect to Emotional Well -Being of Executives - an EMpirical study , Journal of Mulitidisciplinary Research and Modern Education ,2017 ,2454-6119.

11. **Singh S**. Rathore V , Role of Healthy lifestyle , Yoga in wellness , Journal of Mulitidisciplinary Research and Modern Education ,2017 ,2454-6119.

12. **Singh S**, Pradhan B, Sharma I, Effect of Cyclic Meditation on Automic Variable , Journal of Think india , 2019 ,0971-1260.

13. **Singh S**, Pradhan B, Sharma I, Effect of Cyclic Meditation on Attention Task , Journal of Think india , 2019 ,0971-1260.

14. **Singh S**, Pradhan B, Sharma I, Effect of Cyclic Meditation on Triguna Personality Assessment , Journal of Think india ,2019 ,0971-1260

15. **Singh** S, Jhajhadiya A, Yoga Contributes to Science Entertaning Entrainment, Journal of Kala Sarovar, Jan-March 2021, Vol-24, No. of ISSN: 0975-4521

16. **Singh S**, Choudhary M, Effect of Bhramari Pranayama on Auditary, Verbal & Visual Memory in School Students, Journal of Kalyan Bharti, April 2021, VOL-30, No.(IX), ISSN: 0976-0822

17. **Singh S**, Gour R, Neurotheology & Neural Stimulation, Sambudhi Sambodhi (Indological research journal of L. D. I. I) Vol-44, No.-1, (IX) April-June (2021), ISSN: 2249-6661

18. **Singh S,** Choudhary M, Reduction Of Tempro Mandibular Dislocation, Kanpur Philosophers, International Journal of Humanities, Law and Social Sciences Published Biannually by New Archaeological & Genological Society Kanpur India, Published in Vol. V I I I, Issue II 2021, ISSN: 2348-8301

## International Experience

- As a paper setter for Art of Living Yoga Centre, Tokyo, Japan for QCI Level-1 examination from October 2015 till date.
- Designed the syllabus for Master degree program in Yoga and Ethnic studies in India – China Yoga College, Yunnan-Minzu University, Kunming, China and visited the University from 2010 to 2015.

## Conference attended/Paper Presented

- National Conference (Webinar) on "Healing from within…" as Organizer , organized by Yoga Vijnan Department, J.R. Rajasthan Sanskrit University, Jaipur, May 18, 2020.
- 03 Days International Conference on "Global Thinking of Sanskrit Knowledge and Science" at J.R. Rajasthan Sanskrit University Jaipur, March 03-05, 2020.
- 02 Days National Conference on "Importance of Yoga Philosophy in Contemporary perspective" as "Joint Organizer" at Govt. Maharaja Acharya Sanskrit College, Jaipur, January 12-13, 2018.
- 19th International Conference on Frontiers in "Yoga Research and its Applications- Global health, education and peace", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, December 22-24, 2011.
- 20th International Conference on Frontiers in "Yoga Research and its Applications- Diabetes, its underlying mechanisms", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, December 20-23, 2007.
- 6th International conference on Yoga and Cultural synthesis, at Kaivalyadhama, Lonavla, December 27-30, 2009.
- National Conference on "Naturopathy and Yoga – Recent Research Trends", at Jindal Nature Cure Institute, Bengaluru, India, January 17-18, 2009.

- 1st International Conference on "Yoga, Cow and Rural reconstruction - Scientific Research Perspectives", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, December 28-30, 2008.
- National seminar on "Bhagavad Geeta and Mental Health", conducted by S-VYASA University and NIMHANS, Bengaluru, India, September 20-21, 2008.
- 17th International Conference on Frontiers in "Yoga Research and its Applications. Yoga, its underlying mechanisms", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, December 20-23, 2007.
- International Conference on "Scientific Validation and Technical Evaluation of Ancient Medical Systems" conducted by DayanandaSagar College of Engineering, Bengaluru, India, March 15-17, 2007.
- National Seminar on "Yoga Therapy in Psychiatric & Neurological Disorders" Conducted by Morarji Desai National Institute for Yoga (MDNIY), New Delhi, at NIMHANS, Bengaluru, India, February 2007.
- 16th International Conference on Frontiers in "Yoga Research & its Applications, Yoga works but how?" at Vivekananda Yoga AnusandhanaSamsthana, Kolkata, India, December 25-27, 2006.
- 15th International Conference on Frontiers in "Yoga Research & its Applications, Make every mother and child count", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, in December 16-19, 2005.
- 50th Annual conference of Association of Physiologists & Pharmacologists of India, [Golden APPICON - 2004], at National Institute for Mental Health and Neurosciences, Bengaluru, India, December 19-22, 2004.
- 14th International Conference on Frontiers in "Yoga Research & its Applications, Prananvesana", at Swami Vivekananda Yoga Research Foundation, Bengaluru, India, December 2003.

## Experience in organizing Stress relives workshops for company executives

- Currently involving myself as one of the teaching staff for organizing SMET (Self-management of excessive tension) programs for executives.
- Has been teaching various classes such as 'Physiology of stress', 'Stress and its release' for many companies such as ONGC, RBI, IICM, HAL, and BARC since 2002 -2015.

## Research skills

Experimental research skills learned: Data acquisition, extraction, analysis and interpretation of the following techniques:

- Recording pulmonary functions using a computerized spirometer
- Neuro- psychological tests and
- Psychological tools