

## Curriculum Vitae

Dr. ALPI SINGH

Professional Status- Guest Faculty



Information: Centre for yoga and Consciousness  
Awadhesh Pratap Singh University  
Rewa (M.P.)

Mob No. 7566583430, 8827705121

Email: [alpisingh794@gmail.com](mailto:alpisingh794@gmail.com)

Personal Information: Nationality -Indian  
Gender- Female

Field of Interests: Yoga and Holistic Health

Objective:

To associate with multi-dynamic institute, which may provide a platform to update my knowledge & skills in accordance with latest trends in teaching along with research that follows a tradition of anticipating & leading changes.

### *Academic qualifications:*

Sr No	Qualification	Qualification Year
1	UGC-NET	2018
2	Ph.D. in Yoga ,Mahatma Gandhi Chitrakoot Gramodya University , Chitrakoot, India.	2014-2017
3	M.Sc. in Yogic science and holistic Health Dev Sanskrit Vishwavidyalaya, Haridwar, India -	2012
4	DNHE, IGNOU, New Delhi	2012
5	Bachelor of Science (B.Sc.), APSU.	2010

### Research Experience:

- November 2013-February 2017 as Ph.D. scholar MGCGV, Chitrakoot, India

### Teaching Experience:

- 5-year teaching experience at school level (including KVS) yoga class.
- September 2018- present, Guest faculty at Centre for Yoga and Conciseness, APS University Rewa (M.P.)

## Non-Academic Experience:

- Member of “Art of living” organization
- Member of the “International Naturopathy organization”
- Member of “AWGP” organization
- Member of Bhartiya Darshan Parishad.
- Member of MPYSA Dist. Rewa.
- NSS candidate.
- Coach and coordinator for APSU women yoga team at All India inter university yoga championship 2018-2019.
- I coordinated summer yoga camp at APSU campus April-May 2019
- I coordinated workshop on yoga (at Rewa city) Jan 2020
- Judging at National Yoga sports Games 2019-2020 (By-Yoga Sports Development Association)
- Under my guidance students achieved 1 gold, 2 silver and 1 bronze medal on national level open yoga championship.
- Attend CME program at MDNIY (As Yoga Instructor/Therapist) Sept. 2021.

## Research Talks:

- Effect of Suryabhedhi pranayama on Introvert personality. National yoga week, MDNIY, Delhi (2012).
- Effect of Nada yoga on self-confidence. National Seminar on Indigenous techniques in psychotherapy, Dept. Of Psychology, DSVV, Haridwar (2011).
- To study the effect of Yagya therapy on anxiety level. Patanjali yoga Dham, Haridwar (2011).
- Attend a Marma chikitsa workshop-2012 in DSVV.
- Attend a conference, seminar and yoga workshop in MDNIY, Delhi (2012).
- नाड़ीशोधन प्राणायाम का लिपिड प्रोफाइल पर प्रभाव। Lakulish Yoga University, Ahmedabad, January - 2019.
- Yoga for nation building. Department of Yoga, Barkatullah University, Bhopal, March 2019.
- “Om” Science of Upanishad: A creative and Natural way. International conference at Govt. Girls Degree College, DLW, Varanasi. March 2020.
- योग शिक्षा की चुनौतियाँ और नई शिक्षा नीति | दर्शन परिषद्( मध्यप्रदेश एवं छत्तीसगढ़) मार्च 2021 |

## Research publications:

1. सूर्यभेदी प्राणायाम का अन्तर्मुखी व्यक्तित्व पर प्रभाव- अल्पी सिंह, International journal of creative research thoughts, vol.2,issue.6,pg 1 -5, June 2014.
2. यम के अभ्यास द्वारा व्यक्तित्व विकास पर पड़ने वाले प्रभाव का अध्ययन- अल्पी सिंह, Preeminence: An International peer reviewed journal vol.5,no.2,pg.64-72,July-dec 2015.

3. Effect of Suryanamskar and Bhastrika pranayama on lipid profile level- Alpi singh , Aryavart shosh vilas Patrika, vol.6,no.1,54-59,June 2016.
4. राष्ट्र निर्माण के घटक- निर्मल चित्त व सत्य- डॉ अल्पी सिंह, International journal of applied and universal research, vol.7,issue.1,pg.40-41, Feb 2020.
5. नाड़ीशोधन प्राणायाम का लिपिड प्रोफाइल पर प्रभाव- डॉ अल्पी सिंह, International journal of Hindi research, vol.6,issue.2, pg. 63-64, April -2020.
6. योग शिक्षा की चुनौतियाँ और नई शिक्षा नीति, पारमिता, वर्ष 11, vad 11 , ISSN- 09752560 दर्शन परिषद्( मध्यप्रदेश एवं छत्तीसगढ़) मार्च 2021।

## REFERENCES

Sr No.	Name	Department	Location	Contact No
1.	Dr. Suresh Barwal	Department of Yoga and Health (DSVV)	Haridwar (Uttarakhand)	9258369627
2.	Prof. Jeetendra Sharma	Department of Yoga (IGNTU)	Amarkantank (M.P.)	9755653140
3.	Prof. Shreekant Mishra	Department of Philosophy APSU,	Rewa (M.P.)	8085224496