

## **CURRICULUM VITAE**

### **1. Personal Information**

Full Name: Sunder Singh  
Designation: Assistant Professor  
Department/Discipline: Yog  
Date of Birth: 12 September 1989  
Gender: Male  
Nationality: Indian  
Address: H. No. 212/2, SRS Flats, Agra Chowk, Palwal, Haryana – 121102  
Mobile: +91 8851559899  
Email: sundersinghyoga11@gmail.com

### **2. Career Objective**

To serve society by helping people achieve physical, mental, and spiritual well-being through the practice of Yog and related disciplines while contributing effectively to teaching, research, and community development.

### **3. Educational Qualifications**

10th (HBSE, 2005)  
12th (HBSE, 2007)  
B.A. – MDU Rohtak (2010)  
Certificate Course in Yog – NIS Patiala  
P.G. Diploma in Yog & Alternate Therapy – LNIPE Gwalior  
M.A. Yogic Sciences – Devi Ahilya Vishwavidyalaya, Indore  
UGC-NET Qualified Five Times  
YCB Levels 2, 3, 4, 5 & 6 Qualified

### **4. Teaching Experience**

Total Teaching Experience: 7+ Years  
Yog Instructor, Gurukul Sr. Sec. School, Rohtak (6 Months)  
Yog Instructor, Naturopathy & Yog Centre, Chhindwara (1 Month)  
Sanskrit Mahavidyalaya Gurukul, Gadhupuri, Palwal (1.6 Years)  
Yog Instructor, AYUSH Department, Tonk, Rajasthan (7 Months)  
Yog Instructor, NPCDCS AYUSH Research Programme (1.7 Years)  
Senior Yoga Teacher, Jagriti Yoga and Naturopathy Sansthan (01 Aug 2020 – 30 Nov 2023)  
Assistant Professor (Yog), YMCA Faridabad (1.3 Years)  
Assistant Professor (Visiting Faculty – Yog), Gurugram University (13 Aug 2024 – Present)

### **5. Research Experience**

Areas: Yog Therapy, Power Yog, Meditation, Yogic Texts, Weight Management, Research in Yog & Alternative Therapies.

### **6. Publications**

1. Yog Nidra study – Alochana Chakra Journal (2020)
2. Yogashastra relevance – IJARSCT (2024)
3. Pranayama Effects Physically and Mentally on Human Body – IJARSCT (2025)
4. Utility of Water in Alternative Therapy – Janamat Power Research Journal (2025)
5. Utility of Yajna in Bhagavad Gita – Akshara Multidisciplinary Research Journal (Accepted, 2025)

### **7. Research Projects / Grants**

Associated with NPCDCS AYUSH Research Programme.

### **8. Conferences / FDPs / Workshops Attended**

Workshop at Morarji Desai National Institute of Yog, New Delhi.  
Paper Presentation on Yogic Management of Osteoarthritis at LNIPE, Gwalior.

**9. Awards & Achievements**

UGC-NET Qualified Five Times.

YCB Levels 2–6 Qualified.

Multiple Research Publications.

International and National Yog Championship achievements including Gold, Silver and 2nd Positions.

**10. Skills**

Yog Therapy, Power Yog, Meditation, Pranayama Training, Research Writing, Academic Teaching, Leadership & Teamwork.