**CURRICULUM VITAE**

**Mr. SHIVAM SINGH**

**Address: Vill-Sherwan** Post ,Paragaspur ,Dist Bhadohi,U P- 221409.

**Language (Proficiency level):** English & Hindi

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**EDUCATION / EXPERIENCE**

**Professional Degrees**:

* **YIC(Yoga Instructor’s Course)** from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA, Yoga University)
* **B. Sc. in Yoga and Therapy** from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA, Yoga University).
* **M.Sc. in Yoga** from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA, Yoga University).
* Registered Yoga Teacher (RYT-200) Yoga alliance, June 2014.
* Registered Yoga Teacher (RYT-300) Yoga alliance, September 2016.

**Research work/ Thesis/ Dissertation/ Field Report on:**

* Effect of one Month of IAYT on Health Parameters, Guna Inventory, Symptom Score & Medication Score In Patients Having Obesity.
* Psychometric Properties Of Hindi Version Perceived Stress Scale And Its Relation To Mindfulness.

**Other Academic work:**

* Practicing YOGA from last 6 years.
* Experience of taking classes on various Asanas, Pranayama, Mudras & Bandhas and Kriya Technique at Arogyadhama, Yoga Therapy center at Swami Vivekananda Yoga Anusandhana Samsthana.
* Give Yoga classes to corporate sector & individual clients.
* Trained batches for **Yoga Instructors Course (YIC)**
* Trained batches for **B.SC yoga Therapy**
* Conducted ***Personality Development Camp*** for children.
* Expertise in **Advance Yoga Postures.**
* Expertise in **Pranayama techniques.**
* Expertise in **various Mediation Techniques.**
* **Yoga Therapies** for - Obesity, Back problems, Diabetes, Hypertension, Asthma, Parkinson’s disease, Gastro-Intestinal disorders, Arthritis, depression, anxiety, Promotion of positive Health etc.
* **CM** (Cyclic Meditation)
* **PET** (Pranic Energisation Technique)
* **MSRT** (Mind Sound Resonance Technique)
* **Hatha Yoga**
* **Power Yoga**
* **Ashtanga Yoga**

**TEACHING EXPERIENCE:**

a) Yoga Instructors Course

b) Stress Management Program

c) Special courses on Pranayama and Meditation

d) Advanced Spiritual retreats for senior citizens

e) Expertise in Advance Yogasana

f) Theory and Practice of specific for Yoga Therapy modules for various diseases

such as Cancer, Hypertension, Diabetes Mellitus, Rheumatoid Arthritis, Back

pain, Anxiety Neurosis & Depression, Obesity and Chronic pain.

**Computer**:

* Microsoft office
* Computer basics

**Language**: Hindi, English.

**Other interest**: Music, Reading etc.

**Conferences/Workshops:**

* Voluntarily participated in International conference on **Yoga, Cow and Rural Reconstruction - 2010**
* Participated in **Himalayan Yoga Olympiad(National & International) - 2009 & 2011**
* Voluntarily participated in **19TH International Conference on Frontiers in Yoga Research and its’ Application - 2011**
* Participated in **21incofyra inaugural ceremony 2016**
* Participated in **‘Stop Diabetes Movement’.**
* Voluntarily participated in **International conference on Yoga and Diabetes – 2012**
* Participated in **International Conference on Yoga, Naturopathy and AROGYA Expo- 2012**
* Delegate in **International Conference on Yoga and Education – 2012**
* Voluntarily participated in creating **Yoga awareness** in Higher Secondary Schools in Karnataka.
* Delegate in **National conference on make in India Eco – system towards Indian Ethos, sustainability & inclusive Growth.**