

BIO-DATA

DR. DEEPAK SINGH

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Residential Address:

Present: Mahamaya Bhawan-19, Dev Sanskriti
Vishwavidyalaya, Haridwar-249411 (Uttarakhand)
Permanent: House no. 14-10-1001, Lower
Dhoolpet, Hyderabad-500006 (Telangana)



ACADEMIC QUALIFICATION:

B.Sc. in Biology, Osmania University, Hyderabad, Telangana, 2002
M.Sc. in Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand, 2004
Ph.D in Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand, 2011
UGC-NET in Psychology, 2012, 2013
AP-SET in Psychology, 2012
U-SET in Psychology, 2012
M.A. in Yoga, Uttarakhan Open University, Nainital, Uttarakhand
Certificate in Yoga, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand, 2006

POSITIONS HELD:

1. Assistant Professor, Department of Psychology, Gurukula Kangri (Deemed to be University), Haridwar-249404 (Since 2 November 2018)
2. Assistant Professor, Dev Sanskriti Vishwavidyalaya, Haridwar-249411 (07.09.2011 to 01.11.2018)
3. Coordinator and Psychology Counselor, Polyclinic, Dev Sanskriti Vishwavidyalaya, Haridwar-249411 (12.08.2007 to 06.09.2011)

TEACHING AND RESEARCH EXPERIENCE: 11 Years

THRUST AREAS OF RESEARCH:

Clinical Psychology, Applied Psychology and Indigenous Psychology

COURSES THOUGHT:

Research Methodology, Statistical Techniques, Clinical Psychology, Abnormal Psychology, Neuropsychology, Cognitive Psychology, Social psychology, Foundation of Psychology etc.

CONTRIBUTION IN CURRICULUM DEVELOPMENT:

1. Member, Syllabus Expert Committee, Uttarakhand State Service Selection Commission (UKSSSC), Dehradun on 06.02.2020
2. Co-ordinator, UG Psychology Course syllabus development as per NEP-2020 in academic session 2021-2022, Department of Psychology, GKDU, Haridwar.

CONTRIBUTION IN TEST CONSTRUCTION:

1. Singh, D. and Misra, O. P. (2011). Obsessive Compulsive Disorder Scale (OCD-Scale). Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar-249411

RESEARCH PROJECTS:

1. Major Research project submitted to DST (F.No. DST/SATYAM/2020/355). The project proposal entitled 'Effect of Suryanamaskar and Pranayama practice on Cognitive functions, Neuroticism and Psychological well-being of Smartphone users'. This project is considered under KIRAN Division and Science and Technology of Yoga and Meditation Scheme

RESOURCE PERSON:

1. Appointed as external expert of RDC of the subject Psychology for Shri Rawatpura Sarkar University, Raipur on 01.09.2021. (Number of candidate are 03)

RESEARCH AND PUBLICATIONS:

1. Kaur, S. & Singh, D. (2009). Depression and Self Confidence of students living in Spiritually Oriented and Normal Environment. *Published in Swami Keshawananda Yoga Patrika, p. 29-34, Swami Keshwananda Yoga Institute, Delhi.*
2. Bihariya, N., Singh, D. & Bihariya, A. (2011). Effect of Prayer on Mental Health of Adolescent. *Indian Journal of Human Relation, 40, 175-89, (ISSN: 0974-1089)*
3. Lodhi, P.S., Tiwari, J. & Singh, D. (2011). The Holistic Concept of Personality in perspective of Pt. Sriram Sharma Acharya. *International Journal of Education and Applied Sciences, 03, 155-160, (ISSN : 0975-8380).*
4. Singh, D., Pandya, P. & Lodhi, P. S. (2012). Holistic Approach for Management of Obsessive-Compulsive Disorder. *DEV SANSKRITI: Interdisciplinary International Journal, 01, 12-20, (ISSN: 2279-0578).*
5. Singh, P. & Singh, D. (2013). Globalization and It effects. Paper published in Pre-proceeding of National Seminar (Sponsored by UGC) on Globalization, Human Rights & Social Security Scenario in India (14-15th March, 2013). Organized by Department of Sociology, Bapu P.G. College, Pipiganj, Gorakhpur.
6. Bihariya, N., Bihariya, A. & Singh, D. (2013). Effect of yogic practices on Adjustment level and Emotional Intelligence. *Mind and Society: a quarterly research journal, 02 (03), 5-12, (ISSN: 2277-6907).*
7. Lodhi, P.S. & Singh, D. (2015). Concept, Importance and Implication of Thought Revolution established by Pt. Shriram Sharma Charya. *DEV SANSKRITI: Interdisciplinary International Journal, 05, 60-64, (ISSN: 2279-0578).*
8. Singh, D. & Sharma, G. (2017). Effect of Swadhyay on Mental Health of female adolescents. *DEV SANSKRITI: Interdisciplinary International Journal, 10, 42-46, (ISSN: 2279-0578).*
9. Lodhi, P.S., Singh, D. & Sharma, G. (2018). Impact of Diary Writing Practice on Mental Health of Adolescent Girls. *DEV SANSKRITI: Interdisciplinary International Journal, 12, 56-62, (ISSN:*

2279-0578).

10. **Singh, D.**, Sharma, G., Lodhi, P.S., Kashyap, S. & Joshi, B. P. (2019). Effect of Swadhyay on Emotional Intelligence of Adolescent girls. *DEV SANSKRITI: Interdisciplinary International Journal*, 13, 69-77, (ISSN: 2279-0578).
11. **Singh, D.**, Sharma, G. & Lodhi, P.S. (2019). Effect of Counseling on Self-Efficacy of Girl Adolescents. *DEV SANSKRITI: Interdisciplinary International Journal*, 14, 01-07, (ISSN: 2279-0578).
12. **Singh, D.** & Sharma, G. (2020). Effect of Swadhyay on Self-efficacy of Students. *Shodh Sarita*, 7(28), 5-9. (ISSN: 2348-2397) -UGC Care Listed Journal. (An International Peer Reviewed Research Journal)
13. **Singh, D.** (2021). Importance of Kriyayoga for management of Mental Health of person affected by COVID-19 pandemic. *Shodh Sanchar Bulletin*, 11(41), 116-120. (ISSN: 2229-3620) - UGC Care Listed Journal. (An International Peer Reviewed Research Journal).
14. **Singh, D.** & Lodhi, P.S. (2022). Concept of Psychological disorders, Diagnosis and Yogic-psychotherapy in Patanjali Yogasutra. *Vaidika Vag Jyoti* (ISSN: 2277-4351). UGC Care Listed Journal (Paper submitted for publication)

RESEARCH CONDUCTED:

1. Research Project (2003). A study the effect of Trataka on the level of Anxiety. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar.
2. Research Project (2003). A study the effect of Yugshilpi Satra (Special Training Program organized by Shantikunj) on the level of Depression. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar.
3. Master Dissertation (2004). A study the effect of Normal and Spiritual Environment on the level of Depression and Self-Confidence. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar.
4. Ph.D. Thesis (2011). A holistic psychotherapeutic approach for the management of Obsessive-Compulsive Disorder. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand.

RESEARCH GUIDANCE:

PhD Thesis Awarded: 03

1. Abhishek Dubey (2019). Effect of Multimedia Learning and Counseling on Academic Achievement and School Adjustment of Upper Primary School Students. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar. (Reg. No. P46/251/14)
2. Gunjan Sharma (2019). Effect of Dairy writing, Swadhyay and Counselling on Mental Health, Emotional Intelligence and Self-Efficacy of Adolescent Girls. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar. (Reg. No. P84/289/14)
3. Niharika Sharma (2020). Psychological Problem of Juvenile Delinquent and Their Management. Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar. (Reg. No. P/161/12)

PhD Thesis Under progress: 04

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|------------------------------|--|
| 1. Raina (2021) | --Date of Registration: 04-09-2021 (Reg. No. 21518008) |
| 2. Saurabh Uniyal (2021) | --Date of Registration: 07-09-2021 (Reg. No. 21518010) |
| 3. Radhika Sahal (2021) | --Date of Registration: 10-09-2021 (Reg. No. 21518007) |
| 4. Shrishty Manchanda (2021) | --Date of Registration: 01-12-2021 (Reg. No. 21518017) |

Master Dissertations Supervised: 10

Graduation Projects Supervised: 20

PARTICIPATION AND PAPER PRESENTATION: Seminar and Conference

1. Singh, D. (2003). Participated in the 14th International Conference (18 - 21 December, 2003) on "Prananvesana, Frontiers in Yoga Research & Applications." Organized by SVYASA, Bangalore (2003).
2. Singh, D. (2005). Holistic approach for Tobacco control. National Seminar on Tobacco control (6-7 March, 2005), Organized by No-Tobacco Association, Nagpur, India.
3. Singh, D. (2007). Holistic approach for Mental Health. National Seminar on Yoga and Mental Health (23-25 March, 2007), organized by Department of Human Consciousness & Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar.
4. Singh, D. & Singh, P. (2011). Spiritual and Technical secrets describes in Sri Ramcharitmanas. National Seminar on Vedic Studies & Information technology: concept and application (23-24 August 2011). Organized by Department of Computer Science, Dev Sanskriti Vishwavidyalaya, Haridwar
5. Sodhi, S. K. & Singh, D. (2011). Impact of Emotional and Spiritual Intelligence at Workplace. National Seminar on Indigenous Techniques in Psychotherapy: concept and application (25-27 March 2011). Organized by Department of Clinical Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar
6. Singh, D. & Singh, P. (2012). Concept, Importance and Application of Vichar Kranti established by Pt. Shriram Sharma Acharya. International Vedic Conference & 15th India Conference of WAVES on Veda and Thought Revolution (14-17 March 2012). Organized by DSVV (Haridwar) & WAVES (USA).
7. Singh, P. & Singh, D. (2013). Basic elements of Health and Social Transformation: Yama & Niyama. Second International Conference on Yoga for Health and Social Transformation (7-10 January 2013). Organized by Patanjali Research Foundation, Haridwar.
8. Singh, D. (2020). Participated in National Webinar on 'Relevance and Importance of Yoga in Present Scenario'. Organized by Department Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar during 17-19 June, 2020
9. Singh, D. (2020). Participated in National Webinar on 'Spirituality and Psychological Well Being'. Organized by Department of Ancient History, Culture & Archaeology & Department of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar on 04 July 2020
10. Singh, D. (2021). Participated in National Webinar on 'Yoga for Mental-Emotional Health & Social Well Being'. Organized by Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar (Sponsored by Inter University Centre for Yogic Sciences, Bangalore) on 26 to 28 July, 2021.
11. Singh, D. (2021). Participated in Three Days National Webinar on Yoga for Mental-Emotional Health and Social Well-being from 24 to 26 July 2021. Organized by Department of Yogic Science, GKDU, Haridwar

12. Singh, D. and Lodhi, P.S. (2022). Paper presented in International Conference on Indian Traditional Yoga System Theory and Practice on *Yogadarshan me Maan tatha Manorog, Lakshan, Nidan avam Upchar- Ek Manovagyanik Vishleshan* organized by Dept. of Yogic Science, GKDU, Sponsored by Ministry of AYUSH, Govt. of India during 24 to 26 May, 2022
13. Raina and Singh, D. (2022). Paper presented in International Conference on Indian Traditional Yoga System Theory and Practice on Karma and Karma Yoga : A Conceptual Psychological Model of Suffering and its Alleviation organized by Dept. of Yogic Science, GKDU, Sponsored by Ministry of AYUSH, Govt. of India during 24 to 26 May, 2022
14. S. Uniyal and Singh, D. (2022). Paper presented in International Conference on Indian Traditional Yoga System Theory and Practice on An Overview of the Research on effect of Yoga on Cognitive emotion regulation : A Systematic Review organized by Dept. of Yogic Science, GKDU, Sponsored by Ministry of AYUSH, Govt. of India during 24 to 26 May, 2022

PARTICIPATION IN WORKSHOPS AND TRAINING PROGRAMMES:

1. Singh, D. (2007). Participate as an Evaluator in the final testing for the research study entitled as Municipal School Benchmarking. Organized by Educational Initiatives Pvt. II-d (EI) from 15 March to 21 March, 2007
2. Singh, D. (2007). Participated in workshop on “Training module of basics of Computers, Microsoft office, Introductory Photoshop” Organized by Department of Computer Science, Dev Sanskriti Vishwavidyalaya, Haridwar from 03-13 July, 2007.
3. Singh, D. (2009). Participated in the Training of Trainer workshop on HIV / AIDS Counselling held under the Global Fund Round-7, Counselling Subcomponent at the University of Lucknow, Lucknow, India from 30 July to 10 August, 2009
4. Singh, D. (2010). Participated in the Refresher Training of Master Trainers workshop on HIV / AIDS Counselling held under the Global Fund Round-7, Counselling Subcomponent at the University of Lucknow, Lucknow, India from 11 to 15 February, 2010
5. Singh, D. (2010). Participated in workshop on Rorschach Inkblot and Intelligence Test. Organized by Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar from 10-19 December, 2010
6. Singh, D. (2013). Participated in Workshop on The Future Science: Scientific Spirituality. organized by Department of Scientific Spirituality, Dev Sanskriti Vishwavidyalaya, Haridwar on 27 April, 2013
7. Singh, D. (2013). Participated in Orientation Training Programme. Organized by Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence, Delhi, India from 23 September to 4 October, 2013. Submitted one concept paper on Holistic Indigenous Approach for Enhancing Resilience and Mitigating Psychological Problems of Soldiers Operated in Extreme Environmental Conditions.
8. Singh, D. (2015). Participated in 2nd National Workshop on Citation analysis, Impact factor, Patent and Copyrights for Maximizing Research Impact. Organized by PHD Chamber of Commerce and Industry, New Delhi on 27 February, 2015
9. Singh, D. (2016). Participated in 5-Day Faculty Development Programme on Data Analysis using SPSS and Structural Equation Modeling using AMOSS 24.0. Organized By Faculty of Management Studies, DIT University, Dehradun from 28 September to 2 October 2016
10. Singh, D. (2020). Participated in Syllabus Development Workshop organized by Uttarakhand State Service Selection Commission (UKSSSC), Dehradun on 06.02.2020
11. Singh, D. (2020). Participated in Online Training Programme on ‘Online Education & Teaching

Methodologies'. Organized by Swayam Committee, Gurukul Kangri Vishwavidyalaya, Haridwar during 07-10 August, 2020

ORIENTATION, INDUCTION, FDP AND REFRESHER PROGRAMME:

1. Singh, D. (2019). Participated in One Month Mandatory Faculty Induction Programme. Organized by Teaching Learning Centre under PMMMNMTT scheme, MHRD, Govt. of India from 05 November to 04 December, 2019. Overall participation in the programme is Excellent.
2. Singh, D. (2021). Participated in Two Week Online National Faculty Development Programme (FDP) on Professional Skill Development of Teachers, organized by Shri Lal Bahadur Shastri National University, Teaching Learning Centre, Ministry of Education, Govt. of India, New Delhi from 14 to 23 December 2021 with A+ Grade
3. Singh, D. (2022). Participated in One Week National Workshop on Research Methodology, Publication & Ethics Centre (USERC), Organized by GKDU, Haridwar in collaboration with Uttarakhand Science Education & Research from 25-30 March 2022

INVITED LECTURES:

1. Invited as Resource Person in 10 days workshops for special lectures on 'Psychological Disorders, Psychotherapy and Yogic Interventions' organized by Uttarakhand Open University, Nainital on 3rd and 12th October 2019 at Ved Niketan, Haridwar
2. Invited as Resource person in Online PhD course work classes for lectures on Research Methodology organized by M.J.P. Rohilkhand University, Bareilly, India from 15 Sep. to 15 Nov. 2021
3. Invited as Resource Person in workshop for special lecture on 'Career counselling', organized by Dept. of Hindi, GKDU, Haridwar on 27 May, 2022

PLACE: HARIDWAR

DATE: 13 08 2022

(Dr. Deepak Singh)