

## CURRICULUM VITAE

**Name:** Dr. Akhilesh Kumar Singh

**Qualification:** B.A.M.S, M.D (Kaya Chikitsa),  
Ph.D (Kaya Chikitsa), Post. Doc.  
(CSIR, New Delhi), C.C.Y.P,  
Cert. in Multilingual Office  
Automation (C-DAC)

**Present Placement:** Professor, Department of Kaya  
Chikitsa, SAM College of  
Ayurvedic Sciences and  
Hospital, Raisen, M.P., India.



**Date of Birth** 15-July-1976

**Permanent Address:** 'Nav-Prateek' S1/4-5 Raj Rajeshwari Nagar, Gilat Bazar, Varanasi (U.P) –  
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**Current Address:** House No. 407 B, Prabhatam Heights, Patel Nagar, Bhopal, M.P

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### **Medical Registration No.**

1. Bhartiya Chikitsa Parishad, Uttar Pradesh (INDIA): 47693  
Date of Registration: 26-8-2002
2. Maharashtra Council of Indian Medicine, Maharashtra (INDIA): I-47895  
Date of Registration: 11-04-2005
3. Central Council of Indian Medicine (CCIM), New Delhi: CR/Ay/UP/103923  
Date of Registration: 16-08-2011

### **Educational Qualification**

Examination	Year	University	Institute	Division	Percentage
High School	1991	U. P. Board, Allahabad	U. P. College, Varanasi.	First	70.7%
Intermediate	1993	U. P. Board, Allahabad	U. P. College, Varanasi.	First	72.4%
B.A.M.S.	2001	C.S.J.M. University, Kanpur	Rishikul Govt. Ayu. College, Haridwar.	First	62.4%
C.C.Y.P Yoga	2000	Gurukul Kangri University, Hardwar	Gurukul Kangri University, Hardwar.	First	67%
Cert. in multilingual office automation	2005	C- DAC, GIST PACE	COMPUTER	A+	A+
M.D. (Kayachikitsa)	2006	Pune University	Ayurved Mahavidyalaya, Nashik.	Pass	Pass
Ph.D (Kayachikitsa)	2011	B H U, Varanasi.	B H U, Varanasi.	Pass	Pass

### **Completion of compulsory Rotating Internship – 11.07.2002**

1. Rishikul Govt.Ayu.College – 3 months (12.2.2001-11.10.2001)
2. Govt.Ayu.Hospital,Roorkee Dist – 3 months (12.10.2001-11.01.2002)
3. S.P.G.Govt.Hospital, Varanasi – 6 months (12.01.2002-11.07-2002)

**Teaching/Research Experience:**

Name of Post	Institution	From	To	Duration
Lecturer	SGM Ay College & Hospital, Gazipur.	01/07/2006	30/08/2008	2 Yrs, 02 Months
Doctoral Research	Dept. of Kayachikitsa, Faculty of Ayurveda, BHU, Varanasi.	07.10.2008	21/01/2011	2 Yrs, 03 Months, 15 Days
Lecturer	Aligarh Unani & Ayurvedic Medical College & Hospital, Aligarh, India.	25/01/2011	11/05/2012	1 Yr, 03 Months, 17 Days
Post-doc Senior Research Associate (Pool Scientist)	Department of Kayachikitsa, Faculty of Ayurveda, BHU, Varanasi.	12/05/2012	11/05/2015	3 Years
Assistant Professor	Sanchi University of Buddhist - Indic Studies, Raisen, M.P.	26/08/2015	09.11.2019	4 Years, 2 Months,
Associate Professor	SAM College of Ayurvedic Sciences and Hospital, Raisen	11.11.2019	12.03.2021	2 Years, 01 days
Professor	SAM College of Ayurvedic Sciences and Hospital, Raisen	13.03.2021	till date	

**M.D (Dissertation)**

Subject: Kayachikitsa  
Submitted to: University of Pune, Maharashtra  
Topic: To study the effect of Bibeetakadi Vatak in Kaphaj Pandu.

**Ph.D (Thesis)**

Subject: Kayachikitsa  
Submitted to: Department of Kayachikitsa, Institute of Medical Sciences, Banaras Hindu University, Varanasi, UP.  
Topic: A Comparative Clinical Evaluation of Jalaukavachran (Leech Therapy) and Yoga Basti Karma in the Management of Vata-Rakta (Gouty Arthritis).

**Post. Doc. (CSIR, New Delhi)**

Subject: Medicine  
Submitted to: Council of Scientific & Industrial Research (CSIR), Human Resource Development Group, New Delhi.  
Topic: Prevalence of Kaphaj Pandu (Iron Deficiency Anemia) in Various Economic Strata and its Management with Social and Preventive Aspect of Ayurveda.

**Secretary/Organizing Secretary/Co-chair in Workshop/Conferences (06)**

1. Session Co-ordinator, National Seminar on Pasychosomatic Disorders: Current Perspectives in the Management, organized by Department of Kaya Chikitsa, Faculty of Ayurveda, I.M.S., B.H.U., Varanasi, U.P., India on 18<sup>th</sup> March 2015.
2. Co-chair, 1st International Conference on Unani, Ayurveda, Siddha and Traditional Medicine, held at Colombo, Sri Lanka on 19-21 December 2013.

3. Organizing Secretary, 1<sup>st</sup> Workshop on Integrated Healing organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh, India on 25-27 April, 2016.
4. Secretary, 2<sup>nd</sup> Workshop on Integrated Healing organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh, India on 18-20 Jan., 2017.
5. Organizing Secretary, 1<sup>st</sup> Workshop on Meditation organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh, India on 1-7 February, 2017.
6. Co-secretary, Workshop on Indian Philosophy in Modern Perspective organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh, India in September, 2018

#### **Foreign Visit for International Conference (06)**

1. Sancheong, South Korea– 8<sup>th</sup> International Congress on Traditional Asian Medicine, 9-13 September 2013.
2. Colombo, Sri Lanka - 1st International Conference on Unani, Ayurveda, Siddha and Traditional Medicine on 19-21 December 2013.
3. Kiel, Germany - 9th International Congress on Traditional Asian Medicines (ICTAM IX), 6<sup>th</sup> – 12<sup>th</sup> August, 2017.
4. Paris, France - 9th International Congress on Traditional Asian Medicines (ICTAM IX), 6<sup>th</sup> – 12<sup>th</sup> August, 2017.
5. Ayutthaya, Thailand - 3<sup>rd</sup> IBSC International Conference, Organized by Mahachulalongkornrajavidyalaya University, 23<sup>rd</sup> May 2018.
6. Bangkok, Thailand - 15th United Nations Day of Vesak Celebrations, Organized by Mahachulalongkornrajavidyalaya University, 25th May to 27 May 2018.

#### **Project/Clinical Studies**

1. A Clinical Study of Duchenne Muscular Dystrophy with Ayurvedic treatment.
2. Effect of Tamra Bhasma and Gulwel Satwa on Kilas.
3. A clinical study of Udar (Jatodaka) with Ayurvedic treatment.
4. Standardization of Swedan Karma.

#### **Workshops/Seminars/CME Participation (17)**

1. Participated in 3<sup>rd</sup> National Ayurveda Congress on 21<sup>st</sup> & 22<sup>nd</sup> Feb 2004 in Triruvanthapuram, Kerla.
2. Participated in National Seminar & Workshop on Anorectal Disorders and Ksharsutra therapy on 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, Feb2005.
3. Participated in National Seminar on Kustha Roga (Various Skin Disorder) and its Ayurvedic Management on 4<sup>th</sup> & 5<sup>th</sup> Feb 2006 in Chalisgaon.
4. CME on Advances in Management of Liver Disorders in October 2008.
5. CME on Liver Dysfunction on 11.07.2010.
6. National Workshop on Ayurvedic Management of Diabetes Mellitus on 23<sup>rd</sup> October 2011 organized by Association of Ayurvedic Physicians of India and SLBSS Govt. Ay. College, Allahabad.
7. Participated in International Seminar on Physical Education Recreation and Yogic Sciences, held at Banaras Hindu University, Varanasi, U.P., India on January 19-21, 2012.
8. Participated in National Conference on Factors Affecting Teaching & Research and Strategy to Improve Quality in Higher Education held at South Campus, Barkaccha, BHU on 28-29 Feb, 2012.
9. Participated in International BHU Alumini Meet and Seminar on Mahamana's Vision of nation Building held at BHU, Varanasi on 23-24 December 2012.
10. Participated in Training Workshop on Research Protocol Writing for Research in Ayurveda, Organized by Central Council for Research in Ayurvedic Sciences, Dept. of AYUSH, Ministry of H&FW, Govt. of India, New Delhi on 11-12 July, 2014.

11. Participated in 3<sup>rd</sup> International Dharma-Dhamma Conference, organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh on 24-26 October, 2015.
12. Participated in 32<sup>nd</sup> National Conference on Mind-Body Medicine, organized by Medical Wing, Rajyoga Education and Research Foundation, Mount Abu, Rajasthan on 22-26 January, 2016.
13. Participated in Asian Philosophy Conference, organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh on 11<sup>th</sup> Feb., 2017.
14. Participated in Indian Philosophy Conference and 91<sup>st</sup> session of Indian Philosophical Congress, organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh on 11-14 Feb., 2017
15. Participated in Workshop on Tattvabindu, organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh on 21-25 March, 2017.
16. Participated in National workshop on sublime painting: Roopayan, organized by Sanchi University of Buddhist-Indic Studies, Raisen, Madhya Pradesh on 28 March to 03 April, 2017.
17. Participated in 15th United Nations Day of Vesak Celebrations, Organized by Mahachulalongkornrajavidyalaya University, held at Wang Noi, Ayutthaya, Thailand from 25th May to 27th May 2018.

#### **Research Paper presentation in International/National Seminar (22)**

1. Management of Kilas (Shweta Kustha) with Ayurvedic Treatment - National Seminar on Kustha (Various Skin, Disorders) and its Ayurvedic Management organised by Ayurved Medical College & Hospital, Chalisgaon on 4<sup>th</sup> & 5<sup>th</sup> Feb 2006.
2. Rationality of Jalaukavcharan (Leech Therapy) in the Management of Vata-rakta (Gouty Arthritis) - National Seminar on Emerging Trends in Education and Research in Ayurveda in BHU, Varanasi on 28 March 2011.
3. Clinical Evaluation of Role of Ayurveda and Yoga in the Treatment of Low Back Pain (Kati Shula) - International Seminar on Physical Education Recreation and Yogic Sciences, held at Banaras Hindu University, Varanasi, U.P., India on January 19-21, 2012.
4. Leech Therapy for Osteoarthritis in Sportsperson - International Seminar on Physical Education Recreation and Yogic Sciences, held at Banaras Hindu University, Varanasi, U.P., India on January 19-21, 2012.
5. Role of Ayurveda in Promoting Quality Teaching and Research - National Conference on Factors Affecting Teaching & Research and Strategy to Improve Quality in Higher Education, held at South Campus, Barkaccha, BHU on 28-29 Feb, 2012.
6. Opportunities for Improvement of Skills by Internal Cleansing Practices of Yoga - National Conference on Factors Affecting Teaching & Research and Strategy to Improve Quality in Higher Education held at South Campus, Barkaccha, BHU on 28-29 Feb, 2012.
7. Role of Yoga in Personality Development and Carrier Building – Workshop on Personality Development and Carrier Building held by Vishwa Ayurveda Parishad, Lucknow on 17-23 October 2012.
8. Clinical Evaluation of Role of Ayurveda and Yoga in the Treatment of Low Back pain w.s.r to Geriatric health – International Conference on Geriatric Health Care Through Yoga, held at BHU, Varanasi on 16-17 March 2013.
9. A Clinical Evaluation of Efficacy of Yogic Measure (Asanas) in the Patients of Gridhasi (Sciatica) – National Seminar on Scope of Ayurveda in Management of Metabolic and Lifestyle Disorders in Present Perspective, held at Government Ayurvedic College and Hospital, Atarra, Banda (U.P) on 16-17 March 2013.
10. Clinical Validation of Leech Therapy in Various Disorders – National Workshop on the Role of Panchakarma in the Management of Chronic and Intractable Diseases, held at BHU, Varanasi on 24 April 2013.

11. Biochemical Efficacy of Leech Therapy in the Management of Gouty Arthritis – 8<sup>th</sup> International Congress on Traditional Asian Medicine, held at Sancheong, South Korea on 9-13 September 2013.
12. Clinical Evaluation of Leech Therapy in the Management of Knee Osteoarthritis (Sandhigata Vata) - 1st International Conference on Unani, Ayurveda, Siddha and Traditional Medicine, held at Colombo, Sri Lanka on 19-21 December 2013.
13. Concept of Ayurvedic Nutraceuticals and its Role in the Management of Malnutrition - 1st International Conference on Unani, Ayurveda, Siddha and Traditional Medicine, held at Colombo, Sri Lanka on 19-21 December 2013.
14. Scientific Validation of Yoga w.s.r.to personality development and career building - Workshop on Personality development and career building, held at Varanasi from 06th - 12th October, 2013.
15. Yoga Therapy for Health and Disease - Workshop on Personality development and career building, held at Varanasi from 11th - 17th October, 2014.
16. Dharma: From Healer's Perspective - 4th International Dharma-Dhamma Conference, held at Bhopal from 19th - 21st October, 2016.
17. Influence of Buddhism in the Development of Asian Healing Traditions w.s.r. to Ayurveda – 9th International Congress on Traditional Asian Medicines (ICTAM IX), held at Kiel, Germany from 6<sup>th</sup> – 12<sup>th</sup> August, 2017.
18. The Convergence of Conventional, Complementary and Alternative Healing Systems: Integrated Model of Healing - 9th International Congress on Traditional Asian Medicines (ICTAM IX), held at Kiel, Germany from 6<sup>th</sup> – 12<sup>th</sup> August, 2017.
19. Enhancement of Cognitive Skill Through Ayurveda: A New Horizon – NIRAMAYA – 2017, Organized by Rani Dullaiya Smriti Ayurveda P.G. Mahavidyalaya and Chikitsalaya, Bhopal from 17-18 November, 2017.
20. Ecological and Environmental Consciousness in Ayurveda - 4th International Dharma-Dhamma Conference on State and Social Orders in Dharma Dhamma Traditions, held at Rajgir, Bihar from 11th – 13<sup>th</sup> January 2018.
21. Acharya Vagbhatta and Astang Hridayam: 3<sup>rd</sup> International Conference on Tibetan Medicine (Sowa- Rigpa), Organized by CCTM, Dharmashala, CIHTS, Varanasi and CTMI, Darjeeling, held at Varanasi from 25 February to 01 March 2018.
22. Buddhist Contribution to the Development of Asian Healing Traditions w.s.r. to Āyurveda and Sowā Rigpā : 3<sup>rd</sup> IBSC International Conference, Organized by Mahachulalongkornrajavidyalaya University, held at Wang Noi, Ayutthaya, Thailand on 23<sup>rd</sup> May 2018.

#### **Published Researched Papers (53)**

1. PK Chaubey, AK Singh, SP Mishra, OP Singh - Biochemical Analysis of Anti-oxidation Effect of Leech Therapy in the Patients of Osteo-arthritis, Published in WJPPS in Vol 3 Issue 8 2014; P 395-408. ISSN – 2278-4357.
2. Singh AK, Singh O.P - A Preliminary Clinical Evaluation of External Snehan and Asanas in the Patients of Sciatica, Published in IJOY (Pub Med Journal) in Jan-Jul issue 2013; P 71-75. ISSN – 0973-6131.
3. RK Singh, AK Singh, RK Singh, OP Singh – Effect of Ayurvedic Massage on Low Back Pain among University Players, Published in Sodha Pravaha in April 2013 Vol. III Issue 2. ISSN 2231-4113.
4. RK Singh, AK Singh, RK Singh, OP Singh – Effect of Yogasana Training on Low Back Pain among University Players, Published in Sodha Preraka in April 2013 Vol. III Issue 2. ISSN 2231-413X .
5. Singh Akhilesh Kumar - A Critical Review on Ayurvedic Concept of Agnimandya (Loss of Appetite) - Published in JPSI 1(2), Mar-Apr 2012; P5-8. ISSN – 2277-4572

6. Singh AK, Singh OP - Analgesic and Anti-inflammatory Effect of Leech Therapy (Jalaukavcharan) in the Patients of Osteoarthritis (Sandhigata Vata) - Published in IJRP 2012, 3 (2); P104-107. ISSN – 2230-8407
7. P K Rai, A K Singh, O P Singh, N P Rai, A K Dwivedi - Efficacy of Leech Therapy in the Management of Osteoarthritis (Sandhivata) – Publication in AYU Apr-Jun 2011, Vol. 32, Issue 2; P 213-217. ISSN – 0974-8520
8. Singh AK, Singh OP - Clinical Evaluation of Panchkola in Agnivardhan - Published in IJCRR Vol.2 Issue 9 (2011). ISSN – 0976-4852
9. Verma DK, Chaubey PK, Singh AK, Singh OP - A Critical Review on Historical Aspects of Jalaukavacharan (Hirudotherapy) - Published in IJRAP 3(1), Jan-Feb 2012; P47-49. ISSN – 2229-3566
10. Singh AK - Anti-inflammatory Effect of Basti Therapy (Medicated Enema) in the Patients of Psoriasis (Ek Kustha) - Published in IJRP 2012, 3 (1); P197-201. ISSN – 2230-8407
11. Singh AK - Anti-inflammatory Effect of Leech Therapy in the Patients of Psoriasis (Ek Kustha) - Publication in JPSI 1(1), Jan-Feb 2012; P71-74. ISSN – 2277-4572
12. Singh AK - Clinical Evaluation of Trikatu as Appetite Stimulent (Agnivardhan) - Publication in JPSI 1(1), Jan-Feb 2012; P50-54. ISSN – 2277-4572
13. Singh AK, Singh OP - Analgesic and Anti-Inflammatory Activity of Leech Therapy in the Management of Arthritis - Published in IJRP 2011, 2 (12); P172-74. ISSN – 2230-8407
14. Singh AK - Rationality of Rasayana Therapy as Adaptogenic, Antioxidant and Anti-inflammatory Agent - Published in IJRP 2011, 2 (12); P259-60. ISSN – 2230-8407
15. Singh AK, Singh OP - Clinical Evaluation of Patoladi Kashaya in Amapachan - Published in IJRAP 2011, 2(6); P1669-73. ISSN – 2229-3566
16. Verma D, Gupta P, Singh AK, Singh OP - Review of Sanjeevani Vati in Ayurvedic Therapeutics with special reference to Samprapti Bhang - Published in IJRAP 2011, 2(6); P1642-44. ISSN – 2229-3566
17. Singh AK, Rai PK, Kulkarni RB, Singh OP - A Comparative Clinical Evaluation of Samshodhan and Sanshaman Therapy in the Patients of Pandu – Published in Ayurveda Sameekshawa 2010, Srilanka II/VII - P.129-33.
18. Singh AK, Verma D, Singh OP - A Critical Review on Historical Aspect of Basti - Published in IJRAP Volume 2, Issue 5; September-October 2011; P1408-1409. ISSN – 2229-3566
19. Singh AK, Rai PK, Singh OP - Rationality of Jalaukavcharan (Leech Therapy) in the Management of Vatarakta (Gouty Arthritis) – Published in the proceedings of the National Seminar on Emerging Trends in Education and Research in Ayurveda, 28 march, 2011, Rajiv Gandhi South Campus, BHU.
20. Ramesh Kumar Gupta, Sumer Singh, Akhilesh Kumar Singh - Importance of Guggul Kalpana in Ayurvedic Therapeutics – Published in Aryavaidyan Vol. XXIV No. 2, Nov. 2010- Jan 2011, Pages 97-104. ISSN – 0970-4086
21. A K Singh, P K Rai, P K Chaubey, O P Singh - Role of Yoga Basti Karma in the Management of Vata-Rakta (Gouty Arthritis) - Published in The Indian Journal of Bio-research (Ayurved Volume) in 2010 Vol 78 No. 2; P75-80. ISSN – 0971-0027
22. Rai P K, Singh A K, Singh O P, Goswami P K - Efficacy of Leech Therapy in the Management of Rheumatoid Arthritis (Amvata) - Published in The Indian Journal of Bio-research (Ayurved Volume) in 2009 Vol 75 No. 1; P11-18. ISSN – 0971-0027
23. A K Singh, O P Singh, P K Rai, Mamta Gautam - The Effect of Yoga Basti on various Dhatus and Malas – Published in The Indian Journal of Bio-research (Ayurved Volume) in 2009 Vol. 75 No. 1; P54-59. ISSN – 0971-0027

24. Dr. Akhilesh Kumar Singh - Standardisation of Panchakarma procedures - Published in Oct.-Nov.-2004 in Ayurved Panchakarma Update, Mumbai.
25. Vd. Akhilesh Kumar Singh - Jalauka - A miraculous creature -Published in Jan –2006 in Ayurveda Patrika, Nashik; P22-25; ISSN – 2278-0726.
26. Vd. Akhilesh Kumar Singh - Charak Samhita- Vibhinna Vyadhiyo me Vamana Nirdeśh- Published in Feb-2006 in Ayurveda Patrika, Nashik; P19-20; ISSN – 2278-0726.
27. Vd. Akhilesh Kumar Singh - Panchakarma Prakriyayo Ka Manakikaran - Published in Jan-2005 in Ayurveda Patrika, Nashik; P26-27; ISSN – 2278-0726.
28. Vd. Akhilesh Kumar Singh - Udar Jatodaka Awastha - Published in Oct- 2004 in Ayurveda Patrika, Nashik; P7-9; ISSN – 2278-0726.
29. Vd. Akhilesh Kumar Singh - Mutranirmana ke Ayurvedic Mata Ki Sarthakata - Published in May - 2004 in Ayurvedic Patrika, Nashik; P8-10; ISSN – 2278-0726.
30. PK Chaubey, AK Singh, SP Mishra, OP Singh - Bala Rasayan and Osteo-arthritis: A Clinical Review, Published in WJPPS, Vol. 3, Issue 10; P1342-1348; ISSN - 2278-4357.
31. Gupta Dr. Ravikant, Singh Dr. Babita, Khatri Dr. Upendrababu, Singh Dr. Akhilesh - Efficacy of Panchshirishadi Agada in the Management of Eka-Kushtha, Published in Int. J. of Drug Discovery & Herbal Research; April-September 2016 Issue 6 Vol. 2&3; ISSN - 2231-6078; P 856-860.
32. Umashankar Kaushik, Dr. Upendra Babu Khatri, Dr. Akhilesh Kumar Singh, Dr. Rahul Siddhartha - Nath Sampradaya: Yoga, Tantra, Ayurveda, Bauddh Adyayan Evam Hindi Ke Khetra Me Sahitya Sarvekshana - Published in International Journal of Hindi Research; November 2016; Vol. 2 Issue 6; ISSN - 2231-6078; P 22- 23.
33. Shashikant Mani Tripathi, Dr. Upendra Babu Khatri, Dr. Akhilesh Kumar Singh - Yoga: Purusha Ka Prakriti se Viyog - Published in International Journal of Hindi Research; November 2016; Vol. 2 Issue 6; Dr. Upendra Babu Khatri, Dr. Akhilesh Kumar Singh ; P 24- 25.
34. Dhananjai Kumar Jain, Dr. Upendra Babu Khatri, Dr. Akhilesh Singh, Dr. Navin Dixit - Jain Darshan me Dhyan Ki Vidhiya - Published in International Journal of Hindi Research; November 2016; Vol. 2 Issue 6; ISSN - 2231-6078; P 26- 28.
35. Bhanu Pratap Singh Bundela, Dr. Upendra Babu Khatri, Dr. Akhilesh Kumar Singh Kewalya ka Swarupa - Yoga Sutra tatha Adwaitya Vedanta ke Paripekshya Me - Published in International Journal of Hindi Research; November 2016; Vol. 2 Issue 6; ISSN - 2231-6078; P 29- 31.
36. Dr. Devendra Chhayala, Dr. Akhilesh Kumar Singh – Grahanai Roga: A Correlation With Modern Science Disease Mal Absorption Syndrome, Published in WJPPS; 2016; Vol. 5, Issue 12; ISSN - 2278-4357; P1616-1621.
37. Umashankar Kaushik, Lokesh Chaudary, Dr. Upendra Babu Khatri, Dr. Akhilesh Singh – Nathyogya Sahitya Ka Vivechana: Katipaya Vidwanao/Sansthaon ke Paripekshya Me - Published in Research maGma; November 2017; Vol. 1 Issue 9; ISSN - 2456-7078; P 01-06.
38. Roshan Kumar Bharti, Dr. Upendra babu Khatri, Dr. Akhilesh Kumar Singh, Dr. Sham Ganpat Tikhe – Bhartiya Darshan Me Chitta Ka Swarup: Patanjali Yoga Darshan Ke Vishesh Sandarbha Me, Published in International Journal of Research; December 2017; Vol. 4, Issue 17, ISSN – 2348-6848, P 4028- 4034
39. Dr. Akhilesh Kumar Singh – Role of Yoga and Ayurveda in Decreasing Cardio Vascular Mortality Published in Research maGma; March 2018; Vol. 2 Issue 1, ISSN 5456-7078, P 1-6.
40. Akhilesh Kumar Singh, Shailendra Singh - Anemia and its Possible Correction with the Social and Preventive Aspect of Ayurveda, Published in European Journal of Biomedical and Pharmaceutical Biomedical Sciences; Year 2018; Vol. 5 Issue 4, ISSN – 2349-8870, P 682-684.

41. Dr. Devendra Chhayala, Dr. Akhilesh Kumar Singh – Integrated Healing: Essentiality and The Demand of the Future Health Practice, Published in Int. J. of Drug Discovery & Herbal Research (IJDDHR); April-June 2018 Issue 7 Vol. 2; ISSN - 2231-6078; P 872-873.
42. Gupta Dr. Ravikant, Singh Dr. Babita, Khatri Dr. Upendrababu, Singh Dr. Akhilesh – Scope of Traditional Tribal Therapies in Madhya Pradesh, Published in Int. J. of Drug Discovery & Herbal Research (IJDDHR); April-June 2018 Issue 7 Vol. 2; ISSN - 2231-6078; P 874-875.
43. Dr. Akhilesh Kumar Singh – Influence of Buddhism in the Development of Contemporary Healing Traditions, Published in World Journal of Pharmaceutical Research (WJPR); 2018; Vol. 7 Issue 6, ISSN 2277-7105, P 391-399.
44. Neha Saini, Dr. Akhilesh Kumar, Dr. Sham Ganpat Tikhe – Role of Ahara and Vihar in Lifestyle Disorder, Published in International Journal of Research in Medical Science & Technology; July-December 2018; Vol. 6; ISSN 2455-5134; P 180-185.
45. Raksha Singh Baghel, Dr. Akhilesh Kumar Singh, Dr. Upendra Babu Khatri – Madhumeha Prakar – 2 ke Niyantran Me Yogic Jivan Shaili Ki Upyogita: Ek Samikshatmak Adyayan, Published in International Journal of Research in Medical Science & Technology; July-December 2018; Vol. 6; ISSN 2455-5134; P 331-334.
46. Neelu Vishwakarma, Dr. Akhilesh Kumar Singh, Dr. Upendra Babu Khatri – Vartaman Paripekshya me Motape Ke Upchar Me Yog Ki Bhumika, Published in International Journal of Research in Medical Science & Technology; July-December 2018; Vol. 6; ISSN 2455-5134; P 335-341.
47. Jairam Kushwaha, Dr. Akhilesh Kumar Singh, Dr. Sham Ganpat Tikhe – Madhumeha Ka Ayurvedic Evam Yogic Prabandhan: Ek Samikshatmak Adyayan, Published in International Journal of Research in Medical Science & Technology; July-December 2018; Vol. 6; ISSN 2455-5134; P 342-348.
48. Namrata Chauhan, Dr. Akhilesh Kumar Singh, Dr. Sham Ganpat Tikhe – Migrain Roga Ke Upchar Me Yoga Evam Vaikalpik Chikitsa: Ek Vishleshnatmak Adyayan, Published in International Journal of Research in Medical Science & Technology; July-December 2018; Vol. 6; ISSN 2455-5134; P 355-361.
49. Akhilesh Kumar Vishwakarma, Dr. Sham Ganpat Tikhe, Dr. Akhilesh Singh, Dr. Upendra Babu Khatri – Katishula Ke Prabandhan Me Yogic Chikitsa, Published in International Journal of Research in Medical Science & Technology; July-December 2018; Vol. 6; ISSN 2455-5134; P 369-375.
50. Shweta Nema, Shyam Lal Bhati, Akhilesh Kumar Singh – Tanav Prabandhan me Yoga va Ayurveda ki Bhumika, Published in Drishtikon (UGC care journal); January 2020; Vol. 12; Issue 1; ISSN 0975119X; P 133-136.
51. Shweta Nema, Akhilesh Kumar Singh, Upendra Babu Khatri, Sham Ganpat Tikhe – Thyroid Vikriti Ka Upchar, Yoga Evam Ayurveda ke Sandarbh Me, Published by Drishtikon (UGC care journal); October 2019; Vol. 11; Issue 5; ISSN 0975119X; P 466-470
52. Shweta Nema, Akhilesh Kumar Singh - Ucchatar Madhyamik Vidyalayon me Adhyayanrat Chatron ke Shwasthan Tantra par Bhastrika Pranayam ka Prabhav, Published by Drishtikon (UGC care journal); October 2019; Vol. 11; Issue 5; ISSN 0975119X; P 439-442.
53. Shweta Nema, Devendra Chhayala, Akhilesh Kumar Singh – Evaluation of Yogic Neti Karm and Ayurvedic Nasya Karma, Published by Think India (Quarterly journal); October-December 2019; Vol. 22; Issue 4; ISSN 09711260; P 5621-5630



## Chapter in a book

1. Role of Yoga in Building Strategy to Improve Quality in Higher Education, Chapter – 34 in book *Multy Disciplinary Approach In Tourism, Environment, Geography, Ayurveda and Yoga* Published by Bharti Publishers, Delhi in 2012. ISBN – 978-93-81212-12-7.

## Scientific Lectures and Participations (21)

1. Delivered lecture as a resource person in the 67<sup>th</sup> Orientation Course on 11.03.2014 in **UGC Academic Staff College, BHU**, Varanasi on topic *Role of Pranayama ns Asana in Treating Various Disorders.*”
2. Delivered lecture as a resource person in the 67<sup>th</sup> Orientation Course on 11.03.2014 in **UGC Academic Staff College, BHU**, Varanasi on topic *Ayurveda and Ahara-Vihara.*
3. Delivered lecture as a resource person in the 65<sup>th</sup> Orientation Course on 28.10.2013 in **UGC Academic Staff College, BHU**, Varanasi on topic *Role of Yoga on Up-gradation of Physical, Mental, Social and Spiritual Health.*
4. Delivered lecture as a resource person in the 65<sup>th</sup> Orientation Course on 28.10.2013 in **UGC Academic Staff College, BHU**, Varanasi on topic *Role of Ayurveda in Treating Life Style Disorders.*
5. Delivered lecture as a resource person in the 61<sup>st</sup> Orientation Course on 25.09.2012 in **UGC Academic Staff College, BHU**, Varanasi.
6. Delivered lecture as a resource person in the 60<sup>th</sup> Orientation Course on 15.03.2012 in **UGC Academic Staff College, BHU**, Varanasi.
7. Delivered lecture as a resource person in the 58<sup>th</sup> Orientation Course on 08.09.2011 in **UGC Academic Staff College, BHU**, Varanasi.
8. Delivered lecture as a resource person in the 57<sup>th</sup> Orientation Course on 03.06.2011 in **UGC Academic Staff College, BHU**, Varanasi.
9. Delivered lecture as a resource person in the 56<sup>th</sup> Orientation Course on 09.03.2011 in **UGC Academic Staff College, BHU**, Varanasi.
10. Delivered lecture as a resource person in the 55<sup>th</sup> Orientation Course on 20.11.2010 in **UGC Academic Staff College, BHU**, Varanasi.
11. Delivered lecture as a resource person in the 54<sup>th</sup> Orientation Course on 22.06.2010 in **UGC Academic Staff College, BHU**, Varanasi.
12. Participated as Mentor in **INSPIRE- SEAT Internship Science Camp – 2010** organized during 8-12 June 2011 by Academic Staff College, BHU, Varanasi under the aegis of DST, Ministry of Science and Technology, Government of India, New Delhi.
13. Participated as Mentor in **INSPIRE- SEAT Internship Science Camp – 2010** organized during 4- 8 April 2011 by Academic Staff College, BHU, Varanasi under the aegis of DST, Ministry of Science and Technology, Government of India, New Delhi.
14. Participated as Session Coordinator in **INSPIRE- SEAT Internship Science Camp – 2010** organized during 11-15 Jan 2011 by Academic Staff College, BHU, Varanasi under the aegis of DST, Ministry of Science and Technology, Government of India, New Delhi.
15. Participated as Mentor in **INSPIRE- SEAT Internship Science Camp – 2010** organized during 15-19 Nov 2010 by Academic Staff College, BHU, Varanasi under the aegis of DST, Ministry of Science and Technology, Government of India, New Delhi.
16. Participated as Mentor in **INSPIRE- SEAT Internship Science Camp – 2010** organized during 24-28 Aug 2010 by Academic Staff College, BHU, Varanasi under the aegis of DST, Ministry of Science and Technology, Government of India, New Delhi.
17. Participated as Mentor in **INSPIRE- SEAT Internship Science Camp – 2010** organized during 8-12 June 2010 by Academic Staff College, BHU, Varanasi under the aegis of DST, Ministry of Science and Technology, Government of India, New Delhi.

18. Delivered lecture as a resource person in the N.S.S Camp organized at **Vasant Kanya Mahavidyalaya** (P.G. College), Kamaccha, Varanasi.
19. Delivered guest lecture on 'Role of Yoga in Personality Development and Carrier Building' in Workshop on Personality Development and Carrier Building on 17-23 October 2012 organized by Vshwa Ayurveda Parishad, Lucknow.
20. Delivered invited talk on "Inter-disiplinary and International Research Co-operation" on World Homoeopathy Day at Government Homoeopathy College on 16 April, 2016.
21. Delivered lecture as a resource person in the 3<sup>rd</sup> International Conference on Tibetan Medicine (Sowa Rigpa) from 25<sup>th</sup> – 01<sup>st</sup> March, 2018 Organized by Central Council of Tibetan Medicine, Dharmashala, CIHTS at Varanasi on topic Acharya Vagbhata and Astang Hridayam.

**Awards/ Prize/Social works –**

- Got the "Uttam Lekhak Purskar" by Ayurved Patrika for the article "Jalauka – a miraculous creature" for the year 2005-2006.
- **Ex-Vice-President (2006-15), Patanjali Yoga Samiti, Varanasi.**
- **Yoga-Shikshak (2006), Patanjali Yogapeeth, Hardwar.**

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