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Dr. Neelima Singh

Objective

- To become a great Educationist who always concerned and committed to the progress of the masses by spreading education. To identify the needs of common people to apply myself to responsibility with total dedication, devotion and dynamism in order to grow along with the organization and Nation.

Professional And Educational Qualifications

- Ph.D Yoga, Kurukshetra University, Kurukshetra, Haryana, India, September 2019. Thesis: Contribution of Ashtang yoga to enhance the Quality of life of young adults.
- Qualified the UGC-NET Examination for eligibility for Lectureship held on 26 Dec, 2004 and Issue on 26 Aug 2005.
- Master of Physical Education, Lakshmbai National Institute of Physical Education, Gwalior, Madhya Pradesh, India April 2005. Specialization: Volleyball. Thesis: Effect of Ujjayi Pranayama.
- Bachelor of Physical Education, Lakshmbai National Institute of Physical Education, Gwalior, Madhya Pradesh, India April 2003 .Specialization: Yoga.

Positions Of Responsibilities

- I am working as an Asst. Professor of Physical Education Govt. P.G College Bilaspur, Rampur, Uttar Pradesh, India from 17 Aug 2013.
- I have worked as an Asst. Professor of Physical Education at Govt. Degree College Faridpur, Bareilly, Uttar Pradesh, India from 9 July 2009 to 16 Aug 2013.
- I have worked as an Asst. Professor of Physical Education at Arya Mahila P.G College Shahjahanpur, Uttar Pradesh, India from 12 Dec 2006 to 8 July 2009.
- Member of Academic Society of Government Degree Colleges Uttar Pradesh.

- In our College I am an active member of various committees like Sports Coordinator, Coordinator NAAC/UGC, Coordinator Internal Quality Assurance cell, President Startup and Innovation Policy, Coordinator B.A Faculty Admissions, Examination Controller, Coordinator Cultural Club, Women cell, NSS, Seminars and Extension lecture, Environmental Club, Proctorial Board and Scholarship etc.

Scholastic Achievements

- Worked as an Academic Assistant in the “National Seminar on Application of Statistics and Computers in Physical Education & Sports, held at Lakshmbai National Institute of Physical Education, Gwalior (M.P), India from 10 March, to 12 March, 2005.
- Participated in the 1st (M.U.R.S.C) OPEN ROLLER SKATING TOURNAMENT organised by Meerut University Roller Skating Club held at Meerut from 3rd July 2005.
- Participated in the FIRST DEGREE in the REIKI method of Natural Healing from 31 Aug-1 Aug 2004.
- Participated in the South-West Zone Volleyball Inter-University Competition organised by Calicut University at Calicut from 20 Dec to 26 Dec 2004.
- Participated in the All India-University Chess Competition organised by Saurashtra University at Rajkot from 24 Jan, to 29 Jan 2004.
- Participated in the 5th National Sports Dance and Fitness Workshop cum Championship held at the Lakshmbai National Institute of Physical Education, Gwalior, INDIA, from 10th Dec. to 19th Dec. 2003.
- Participated in the National Judges’ Training Programme organised in the vth National Sports Dance and Fitness (Aerobic) workshop cum Championship held at the Lakshmbai National Institute of Physical Education, Gwalior, INDIA from December 10-19, 2003.
- Participated in the All India Inter-University Yogasanas Championship organised by G.N.D.U University at Amritsar from 7 Jan, to 10 Jan 2003.
- Participated in Leader Training Camp held at Pachmarhi (M.P) from 26 Jan to 3Feb 2003.
- Participated in the 52th Senior State Volleyball Championship for Men and Women held at Morena (M.P) from 13Nov, to 16Nov 2003 and secured IInd Place.
- Participated in the Mass Aerobic Fitness Programme from 15th November, 2002 to 24th November, 2002 held at Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala.
- Participated in the Workshop cum Championship on Sports Dance & Fitness held at Netaji Subhas National Institute of Sports, Patiala, India from 27 Nov 2002 to 30 Nov 2002.
- Participated in the All India Inter-University Yogasanas Championship organised by North Gujarat University, Patan and A.I.U., Delhi from 20 Jan, to 23 Jan, 2002.
- Participated in Snow Skiing Adventure Programme held at Narkanda (HP) from 11 Feb, to 17 Feb, 2002 and attained Good Performance Standard.
- Participated in All India Inter- University Chess Tournament Organised by Guru Jambheshwar University, Hisar (Haryana) under the auspices of Association of India University (A.I.U), New Delhi, from 24th December to 28th December, 2001.
- Participated in the South West Zone Handball Inter-University Competition organised by Pune University at Pune from 4 Nov, to 8 Nov 2001.

Research Publication

- Neelima Singh “Contribution of Ashtang Yoga in Enhancing the Physical Fitness Young Adults”,02(10):pp.07-14(2017) online 29 Sep 2017,IF-4.215,ISSN : 2455-8958
- Neelima Singh and Usha Lohan, “Contribution of Ashtang Yoga in Enhancing the Psychological Variable and Quality of Life of Young Adults”2(10):51-56(2017) online 30 oct 2017,IF-3.125,ISSN : 2456-2963
- Neelima Singh“How does yoga help athletes”,05(02):111-113(2016),IF-0.641,ISSN : 2279-0306
- Contribution of Ashtang Yoga in Enhancing the Emotional Competence and Quality of life of Young Adults, Int.J.Phy.Edu. Spo., vol:3,Issue:9,Pages:05-12,Year:2018,ISSN- 2456-2963,Impact Factor : 3.125(RIF).Peer-Reviewed Journal

- Impact of Stress management on selected physical fitness parameter of college adults, Int.J.Phy.Edu.Spo,vol:5,Issue:08,Pages:16-22,Year: 2020,ISSN- 2456-2963,Impact Factor : 3.125(RIF).**Peer-Reviewed Journal**
- Effect of Ashtang Yogic activities in enhancing Quality of life of Young Adults, Int.J.Phy.Edu.Spo,Vol:5,Issue:05,Pages-04-08,Year:2020, ISSN- 2456-2963 ,Impact Factor : 3.125(RIF). **Peer-Reviewed Journal**
- The Physiological effect of Ashtang Yoga in enhancing quality of life of young adults Int.J.Phy.Edu.Spo, vol- 05, Issue: 07, Pages: 04-11, Year: 2020, ISSN- 2456-2963, Impact Factor: 3.125(RIF). **Peer-Reviewed Journal**

Conference/Schools/Seminars

- International Conference on “Yoga & Health awareness in modern scenario” title “Effect of Ujjayi Pranayama on School going students, during 23-25 March, 2007 , Organised by Department of Human Consciousness & Yogic Science, Gurukul Kangari Vishwavidyalaya, Haridwar (U.K), India.
- International Conference for “Sports Administrator” title“Biomechanical Comparison Of Two Different Kicks In Soccer”, during 16-18 August, 2007 , Organised by Department of Physical Education & Sports , Manonmaniam Sundaranar University,Tirunelveli- Tamilnadu, India.
- National Seminar on “Access & Equity VS Quality and Relevance in Higher Education”& Twelfth Convention of U.P Govt. Colleges Academic Society, title “Effect of Ujjayi Pranayama On Certain Selected Physiological Variables”, during 13-14 Jan, 2007, Organised by Govt. Raza P.G. College, Rampur (U.P), India.
- International Seminar, title “Attainment of Spiritual Health through Yoga Alternative Therapies”, during 20-21Dec, 2008, Organised by Swami Shukdevanand (P.G) College, Shahjahanpur (U.P), India.
- International Conference on “Stress Management” title “Overtraining Syndrome in Athletes: A Stress Related Disorder”, during 20-22 Oct, 2008, Organised by Lakshmibai National Institute of Physical Education, Gwalior (M.P), India.
- National Seminar for “Higher Education, Entrepreneurship and Empowerment of Women” title “Educated Women Empowered Women” during 10 Feb, 2009, Organised by Govt. Post Graduate College For Women, Rampur (U.P), India.
- National Seminar on “Higher Education in India: Present Scenario and Future Prospects”, title “Yoga for Women” during 18-19 Sep, 2011, Organised by Govt. Raza P.G. College, Rampur (U.P), India.
- National Seminar on “Environment and Bioscience and 17 Convention of U.P. Govt. Degree Colleges Academic Society”, title “Yoga for Fitness” during 2-3 Mar, 2013, Organised by Govt. Raza P.G. College, Rampur (U.P), India.
- National Seminar on “Higher Education in India: Present Scenario and Future Perspective for value Based Education” and 19 Convention of U.P. Govt. Degree Colleges Academic Society”, title “Contribution of Yoga in Enhancing the Attention Capacity & Quality of Life of Young Adults” during 28 Feb-1Mar, 2015, Organised by Govt. Raza P.G. College, Rampur (U.P), India.
- National Seminar on “Role of Higher Education System in Context of Socio-Economic & Scientific Standards”,title “Contribution of Ashtang Yoga in Enhancing the Attention Capacity & Quality of Life of Young Adults” during 12-13 March, 2015,Organised by Govt. P.G College, Jalesar, Etah (U.P), India.
- National Seminar on “Community health through physical education and yoga.(15 Feb 2019) (**Paper Presented- Effect of Yoga on Mental and Physical Health: A short summary of reviews**).
- National Seminar on Higher education in Present Context: Challenges and Prospects.(19-20 Jan 2019) (**Paper Presented - Effect of yoga on academic performance in relation to stress**).

- International Seminar on Challenges to Ecosystem & Environment towards Sustainable Development (22 Sep 2019) (**Paper Presented- Environmental problems and Indian Law**).
- National workshop on “**Self Awakening through Yoga Practices**” (22-23 Feb 2019).

Full Paper in Edited Book:

The Physical Effects of Ashtang Yoga in enhancing quality of life of young adults in recent environment, International conference edited Book, 2019-20, ISBN NO-978-93-8804

Webinars Organised:

1. As an **Organising Secretary** organised International Webinar” Physical and mental health management with yoga and meditation” (9 May 2020).
2. As a **Coordinator** organised National Webinar Ek Bharat Shresths Bharat “Prachin Bhartiya sanskriti ma sevabhav ki vartman sandharabh ma upadiyata” (28 June 2020).
3. As a **Coordinator** organised 7 Days online National workshop “NAAC: Seven Assessment Criteria for Accreditation”. (2 to 8 Aug 2020).
4. As a **Coordinator** organised National Webinar Global Hand Washing Day “Hand Hygiene for All” (15 Oct 2020).
5. As a **Mission Shakti Asst. Nodal Officer Rampur** organised Webinars :
 - ✓ National Webinar Mission Shakti “Legal provisions of women securities in India” (18 Oct 2020).
 - ✓ National Webinar Mission Shakti “Status of women in Indian Society” (19 Oct 2020).
 - ✓ National Webinar Mission Shakti “Different forms of violence against women” (20 Oct 2020).
 - ✓ National Webinar Mission Shakti “Mission suraksha ka vibhin sujhav evm upaye”.(21 Oct 2020)
 - ✓ National Webinar Mission Shakti “Government schemes for the security and honour of women” (22 Oct 2020).
 - ✓ National Webinar Mission Shakti “Need for change in negative attitude towards women” (23 Oct 2020).
 - ✓ National Webinar Mission Shakti “Lingh vibhade evm internet ka surakshit upyog” (24 Oct 2020).
 - ✓ National Webinar Mission Shakti “Mahila suraksha evam mahila saman or syber suraksha sa sambhandhit pravdhan or yojnaye” (25 Oct 2020).
 - ✓ Mission Shakti “9 Days online marshal art training workshop” (17 to 25 Oct 2020).

Orientation/Refresher/Fdp

- UGC Sponsored Orientation Programme at Aligarh Muslim University, Aligarh from 18 Feb 2014 to 15 March 2014.
- UGC Sponsered Refresher Course at HRDC Kumaun University, Nainital (Uttarakhand) from 08 July 2015 to 30 July 2015.
- UGC Sponsored Refresher Course at HRDC Centre for Professional Development in Higher Education University of Delhi, Delhi from 05 Sep 2017 to 25 Sep 2017.
- National Workshop on Curriculum Design and Development (Online) from [15-6-20 to 24-6-20] MHRD Sponsored.
- UGC Sponsored online short term course on Value Based Education from [24-9-20 to 30-9-20] AMU.
- UGC Sponsored online short term course on Inclusive Health from [20-10-20 to 26-10-20] AMU.

Research Work

Teaching And Research Experience

I am working as an Asst. Prof. in Department of Physical Education, Govt. P.G College, Bilaspur, Uttar Pradesh, India. I have 15 years of Teaching and research experience.

Courses Taught

I teach Physical Education to undergraduate students. I am interested in teaching Anatomy, Physiology, Biomechanics, Sports management, Psychology foundation of Physical Education, Yoga, Health Education, Sociology of Physical Education, Foundation of Physical Education, History of Physical Education, Athletic injuries. I am taking yoga classes of our college students.

Personal Information

Name : Dr. Neelima Singh
Asst. Prof. (Physical Education)
Govt. P.G College, Bilaspur,
Rampur (Uttar Pradesh) India.
Date of birth : 06-05-1981
Nationality : Indian
Language Proficiency : English, Hindi

Place: Rampur



(Dr. Neelima Singh)