



**INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH  
Special Call Division**

Paste a recent,  
clear 2x2 inch  
passport-size  
photo with a plain  
background and  
formal attire

**CV Form - 2<sup>nd</sup> Call for ICSSR Longitudinal Studies in Social and Human Sciences.**

(Note: Insert additional rows wherever necessary)

|  |                            |
|--|----------------------------|
| <b>Application Number<br/>(To be noted down from the online application)</b> | <b>ICSSR-LSS-2025-1983</b> |
|--|----------------------------|

|                  |   |
|------------------|---|
| <b>Theme</b>     | Education and Skilling  |
| <b>Sub Theme</b> | Indian Knowledge Systems: Theoretical and Experimental Applications |

|   |  |
|---|--|
| <b>Title of the Research<br/>Proposal</b> | "Exploring the Potential Effects of the Gayatri Mantra on Dyscalculia, Cognitive Function, and Physiological Changes Among Primary School Students in Uttarakhand: A Longitudinal Study" |
|---|--|

**BIODATA OF THE PROJECT COORDINATORS DIRECTOR/S**

Please use different

| <b>1</b>  | <b>Name of the Project Coordinator/Director</b>  |
|---|--|
| a. Name<br>b. Designation<br>c. Department<br>d. Official Address<br><br>e. Contact No.<br>f. Email | Dr. Subodh Saurabh Singh<br>Principal And Assistant Professor<br>School of Yoga Sciences<br>School of Yoga Sciences, Swami Rama<br>Himalayan University, Jolly Grant, Dehradun,<br>Uttarakhand-248140.<br>+91-8882423186<br><a href="mailto:principal.sys@sru.edu.in">principal.sys@sru.edu.in</a> ,<br><a href="mailto:subodhsingh@sru.edu.in">subodhsingh@sru.edu.in</a> |

| <b>2</b> | <b>Educational Qualifications</b> |  |                         |            |                                   |
|----------|-----------------------------------|--|-------------------------|------------|-----------------------------------|
|          | Name of the Degree                | Name of the University                             | Year of Passing / Award | % of Marks | Main Discipline                   |
|          | Master's                          | Dev Sanskriti Vishwavidyalaya Hardwar, Uttarakhand | 2010                    | 66.50      | Yogic Science and Holistic Health |
|          | M. Phil.                          | -  | -                       | -          | -                                 |



|  |  |   |      |   |             |
|--|--|---|------|---|-------------|
|  | Ph. D.                                   | Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalay Satna M.P. | 2016 | - | <b>Yoga</b> |
|  | Post-Doctoral                            | -   | -    | - | -           |
|  | Title of the Ph.D.                       | A study of the effect of yoga package on thyroid gland        |      |   |             |
|  | Salient features of Ph.D. (in 100 words) | Analyze the effect of Yoga on the Human Body                  |      |   |             |

| <b>3. Research Experience</b> |                        |              |   |
|-------------------------------|------------------------|--------------|---|
|                               |                        | Number       | Title, role/capacity/Presentation/Participation and details of funding Institution  |
| a.                            | Research Projects      | Nil          |   |
| b.                            | Fellowships            | Nil          |   |
| c.                            | Ph.D. Guidance         | 03           | <ol style="list-style-type: none"> <li>1. A study on the effects of yoga practice on aggression level for orphan adolescents.</li> <li>2. Study on Conspicuous Yogic Techniques on the Athleticism of Sportspersons and their Efficiency Level</li> <li>3. Impact of Nadishodhana Pranayama on Stress Hemoglobin and Vital Capacity among School going Girls</li> </ol> |
| d.                            | M.Phil. Guidance       | Nil          |   |
| e.                            | Seminars / Conferences | More than 15 | National & International conferences attended and organized also.   |

| <b>4 Details of 5 Best Research Papers/Books/Chapters (attach/submit hardcopies)</b> |                          |  |                      |  |
|--|--------------------------|--|----------------------|--|
|  | Title of the Publication | Name of the Journal / Book / Publisher | Month, Year and Vol. | Scopus / UGC CARE Listed/ Referred Journal |
| a  |                          |  |                      |  |
| b  |                          |  |                      |  |
| c  |                          |  |                      |  |
| d  |                          |  |                      |  |
| e  |                          |  |                      |  |

|          |   |  |  |
|----------|---|--|--|
| <b>5</b> | <b>Any other important academic achievement (approx. 100 words)</b> |  |  |
|          |   |  |  |

|   |  |            |           |
|---|--|------------|-----------|
| <b>6</b>  | <b>Whether Project Coordinator, Project Directors (Co-PD's) received any financial assistance from ICSSR (mention last 2 awards)</b> | <b>Yes</b> | <b>No</b> |
| <b>If yes:</b>  |  |            |           |
| <b>Name of award/scheme</b>   |  |            |           |
| Name of the Co-PD   |  |            |           |
| Year of Award   |  |            |           |
| Amount sanctioned   |  |            |           |
| Date of Completion, if completed                                      |  |            |           |
| Date of Report submission, if submitted                               |  |            |           |
| If incomplete, likely date of completion                              |  |            |           |
| <b>(Add/insert additional rows for more information, if required)</b> |  |            |           |

|   |   |            |           |
|---|---|------------|-----------|
| <b>7</b>  | <b>Whether the Project Director received any financial assistance from any other institution e.g. UGC, ICAR, CSIR, ICPR, ICHR, etc. (mention last 2 awards)</b> | <b>Yes</b> | <b>No</b> |
| <b>If yes:</b>  |   |            |           |
| <b>Name of the Award/Scheme</b>                                       |   |            |           |
| Name of the Project Coordinator/Project Directors                     |   |            |           |
| Year of Award   |   |            |           |
| Amount sanctioned   |   |            |           |
| Date of Completion, if completed                                      |   |            |           |
| If incomplete, likely date of completion                              |   |            |           |
| <b>(Add/insert additional rows for more information, if required)</b> |   |            |           |

### **Declaration**

I hereby declare that:

1. I am not a defaulter of any previous ICSSR grant.
2. I have neither been subjected to any disciplinary action nor found guilty of any offence in my career.
3. The Research Proposal and its contents are entirely original as per the standard ethical practices and no AI generated proposal have been submitted to ICSSR.
4. I have not concealed any information in my application. If, ICSSR finds any contrary information at any stage, it may cancel the study out rightly and/or impose any penalty as it deems fit.

Place:

Date:

Signature of the Project Coordinator/  
Project Director's

