



Dr. Balwant Singh is a distinguished academician, yoga expert, and physical educationist with an illustrious career spanning over two decades. He possesses a solid academic foundation, holding an **M.A. in Hindi, M.Sc. in Yoga, M.P.Ed., and Ph.D. in Physical Education**. In 1998, he completed the Yoga Teachers Training Course (TTCCY) at the renowned Kaivalyadham Institute in Lonavala, Maharashtra. His academic journey is marked by a deep commitment to teaching and mentorship. He served as Visiting Faculty at the Department of Physical Education, University of Mumbai, for four years, and continues in this role at JJT University, Rajasthan, where he has guided twelve scholars to the successful completion of their Ph.D. degrees. Since 1995, he has been serving with dedication as a Physical Education Teacher at R. P. Mangala High School.

In addition to his academic and teaching roles, Dr. Singh is actively involved in various editorial and organizational capacities. He is the **Editor-in-Chief of *Entire Research* (ISSN 0975-5020)**, an international journal with an Impact Factor of 6.143. His leadership extends to several institutions and organizations—he is the President of the Holistic Yog Foundation, Founder and Secretary of the **Global Human Research & Welfare Society**, President of the **Holistic Yog Foundation**, and Vice President of the **Physical Education Foundation of India** and Life Member of **Indian Yog Association**.

A prolific researcher and speaker, Dr. Singh has published extensively in national and international journals and has presented his work at many prestigious conferences. He is also the author of several acclaimed books, including **Career in Sports** (2012), **Yoga Scenario** (2015), **Research and Statistics in Physical Education** (2016), **Yog Vastunishth Prashna Shrinkhala** (2019), **Encyclopedia of Yoga, Vol. I & II** (2019), **Yoga – A Complete Modality** (2022), **Buddha: Meditation Techniques & Hand Gestures** (2023), **Yoga – A Handbook** (2023), and **Yog Adhyapan Paddhati** (2024).

Dr. Singh's contributions have been widely recognized through numerous honors, including the **Best Yoga Philosopher Award** in Mauritius (2011), the **Thane Gunijan Award** by Thane Municipal Corporation (2011), the **Karma Yogi Award** (2013), the **Shri Navaratna Award** (2015), the **Sahitya Shri Award** (2016), the **Best Teacher Award** at the state level (2016), the **Dr. S. Radhakrishnan Memorial Award** (2016), the **Maharashtra Guru Gaurav Award** (2019), and the **Best Teachers Award** by Shri Kalika Devi Mandir Samsthan, Nasik (2023).

His influence extends beyond national boundaries, having represented India at various international platforms, including the 8th **International Yoga Conference & Competition in Mauritius** (2011), the **Dubai International Yoga Conference** (2015), and the **Thailand Open Fencing Championship** (2015) as Team Manager. He also served as the Organizing Secretary for the **International Congress on Contemporary Management in Physical Education & Yogic Sciences in Bangkok** (2016) and was a

guest of honor at the **National Yoga Championship in Muscat, Oman** (2025), organized by The Champs Sports and Arts at Alkhuwair.

Through his unwavering commitment, scholarly depth, and visionary leadership, Dr. Balwant Singh continues to leave an indelible mark on the fields of yoga and physical education, enriching lives in India and around the world.