

# AKASH SINGH

Doctoral Student, Interdisciplinary in Health Science  
University of Texas at El Paso, United States of America

Phone No: +1 (915) 599-7565

[asingh2@miners.utep.edu](mailto:asingh2@miners.utep.edu)

[akashsingh843462@gmail.com](mailto:akashsingh843462@gmail.com)

<https://orcid.org/0009-0002-1720-4651>

[www.linkedin.com/in/akash-singh-b4546b3a1](http://www.linkedin.com/in/akash-singh-b4546b3a1)

## Career Objective

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Doctoral student in Interdisciplinary Health Sciences and trained physiotherapist seeking opportunities in research and rehabilitation settings to apply evidence-based approaches to musculoskeletal pain management. Aiming to contribute to high-quality research, patient-centered care, and the advancement of movement-based rehabilitation strategies.

## Education

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Ph.D. Student in Interdisciplinary Health Science, *2025-present*  
University of Texas at El Paso, USA

Master of physiotherapy (Musculoskeletal Disorders), *2023- 2025*  
Guru Jambheshwar University,  
Hisar, Haryana, India.  
Dissertation topic: Comparative Effect of TheraBand Exercises, Stretching and Breathing Exercises in Patients with Rounded Shoulder Posture from Guru Jambheshwar University, Hisar, Haryana, India.

Bachelor of physiotherapy, *2018-2022*  
Shree Guru Gobind Singh Tricentenary University,  
Gurugram, Haryana, India.

Higher Secondary, (Science stream), *2015-2017*  
Laxmi Narayan Dubey College, Motihari, Bihar, India.

## Computer Literacy

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Advanced Diploma in Computer Application (ADCA), Sachin Institute of Information Technology, Motihari, Bihar, India. *2015-2016*

## Certifications

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Human Subjects Research-Nursing, Pharmacy and Allied Health Researchers.  
CITI Program.

*08/19/2025*

## Award

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Merit Scholarship Award for the 2025-2026 (April 15, 2026) Guru Jambheshwar University of Science and Technology Hisar, Haryana, India.

## Research Interests

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- Pain Management of Musculoskeletal Conditions and Effect of Exercise for individuals with Musculoskeletal Disorders.
- Focus on understanding the mechanisms of pain and musculoskeletal dysfunction.
- Developing movement-based rehabilitation strategies to improve function and health.
- Exploring interactions between physical and psychological factors in pain perception and recovery.
- Integrating physiotherapy, biomechanics, psychology, and biostatistics to inform interventions.
- Translating scientific evidence into patient-centered, innovative rehabilitation approaches that enhance quality of life and support sustainable health outcomes.

## Academic Research Experience

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- Research assistant at University of Texas at El Paso, USA, from 09/1/2025 to present
- Working on the project “Comparative Effect of TheraBand Exercises, Stretching and Breathing Exercises in Patients with Rounded Shoulder Posture” as a part of an MPT dissertation from Guru Jambheshwar University of Science and Technology, Hisar, Haryana, India, in 2024.
- Certificate in category of research and innovation Synergy 2022 held in SGT university from 23 Aug to 24 Aug 2022 (my project name - Posturography).

## Clinical Experience

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- Worked as Physiotherapy assistant in “Rehav Physio Healthcare” Gurgaon, Haryana, India, under Dr Jaganjyoti Das for 2.5 year (August 2020 to January 2023)
- Worked as a physical therapist at “Rehav Physio Healthcare” Gurgaon, Haryana, India, from 25 Feb 2023 to 26 Aug 2023.
- Worked as an intern at Shree Guru Gobind Singh Tricentenary University, Gurugram, Haryana, India from 22 Aug 2022 to 21 Feb 2023.

## Workshops and Seminars Attended

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- Certification in “Dry Needling” Techniques (16 hours of training from 02 oct 2021-03 oct 2021) Under Dr Jagan Jyoti das.
- Worked as trainee in “Health and Fitness Evaluation” camp on (7 sep 2021) Held in Department of physiotherapy Shree Guru Gobind Singh Tricentenary University, Gurugram, Haryana, India.
- Certificate of participation in “CME World Arthritis Days” in Artemis hospital in 2019.
- Attended workshop on “Spine Alignment & Correction” in sports connect 3 Paras hospital on 23 Feb 2020.

- Participated in “Neurodiagnostic for Physiotherapy” quiz contest on 19 Jun 2020.
- Certification of participation in “International e-conference evolving physiotherapy practices” Shree Guru Gobind Singh Tricentenary University, Gurugram, Haryana, India on 30 & 31 July 2021.
- Certification for participation in the neuroscience webinar on “Parkinson’s Disease Management & Low Back Pain–Sciatica Complex” Artemis hospital on 26 June 2020.
- Certification for participation in “Head and Neck pain” in neurology 25 June 2020.
- Attended webinar in “Early detection and prevention of stroke” held in Artemis hospital on 21 August 2021.
- Certificate of attendance webinar in “Care of professional voice” held in Medanta hospital on 02 June 2020.
- Certification for participation in 6th “Internation yoga day” 2020.

## Paper, Poster, and Model Presentations

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- Poster- **Singh A, BPT, MPT**; Miranda G; Martniez C; Ibarra M; Garcia E; Saucedo E; Trejo C; Sanchez F; Sarellano I; Valencia C, PhD; Gurovich A, PT, PhD, FACSM; Rana P, PT, MPT, PhD.(April 30th, 2026). The Effects of Repeated High-Intensity Interval Training on Pain Sensitivity and Psychological Factors: A Randomized Control Trial. Biotech Poster Showcase 2026, Medical Center of the Americans Foundation Cardwell Collaborative, El Paso, USA
- Poster- Martniez C; Saucedo E; Sanchez F; Garcia M; Trejo C; Ibarra M; Garcia E; **Singh A, BPT, MPT**; Valencia C, PhD; Gurovich A, PY, PhD, FACSM; Rana P, PT, MPT, PhD.(April 24th, 2026). Mind Unchanged: High-Intensity Interval Training and Pain-Related Psychological Factors. Campus Office of Undergraduate Research Initiatives (COURI), UTEP, El Paso, USA.
- Poster- Garcia M; Martniez C; Ibarra M; Garcia E; Saucedo E; Trejo C; Sanchez F; Sarellano I; **Singh A, BPT, MPT**; Valencia C, PhD; Gurovich A, PY, PhD, FACSM; Rana P, PT, MPT, PhD.(April 24th, 2026). Does More Exercise Mean Less Pain? Testing the Dose-Response in High-Intensity Training. Campus Office of Undergraduate Research Initiatives (COURI), UTEP, El Paso, USA.
- Poster- Ibarra M; Garcia E; Saucedo E; Trejo C; Sanchez F; **Singh A, BPT, MPT**; Valencia C, PhD; Gurovich A, PY, PhD, FACASM; Rana P, PT, MPT, PhD. (April 14th, 2026). The Effects of Repeated High-Intensity Aerobic Exercise on Pain Sensitivity: A randomized control trial. National Conference on Undergraduate Research (NCUR), Richmond, VA.
- Poster- Trejo C; Sanchez F, Saucedo E, Garcia E, Ibarra M; **Singh A, BPT, MPT** ; Valencia C, PhD; Gurovich A, PT, PhD, FACSM, Rana P, PT, MPT, PhD (April 14th, 2026). High-Intensity Interval Training and Pain-Related Psychological Factors: A Randomized Controlled Trial. National Conference on Undergraduate Research (NCUR), Richmond, VA.
- Paper- **Singh A, BPT, MPT**; Rana P, BPT, MPT, PhD; (January 23, 2026) Effect of Exercise-Induced Hypoalgesia on Pain Threshold and Sensitivity: A systematic review. MMPhysiocon Conference 2026, MMU, Haryana, India.
- Poster- **Singh Akash** ( September 8, 2024). Pain management in physiotherapy. Guru Jambheshwar University of Science and Technology Hisar, Haryana, India. World physiotherapy Day (**Third Prize**).

- Model- **Singh Akash** ( September 8, 2024). Pain management in physiotherapy. Guru Jambheshwar University of Science and Technology Hisar, Haryana, India. World physiotherapy Day (**Second Prize**).
- Poster- **Singh Akash** (February 12, 2021) Smart fitness. Gurugram, Haryan, India. sports connect 5.

## Professional Engagements / Academic Service

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Served as a Judge on the Interview Panel for the Research Assistant position in the Department of Physical Therapy and Movement Science, University of Texas at El Paso.

*09/06/2025*

Judge for the Campus Office of Undergraduate Research Initiatives (COURI) Spring 2026. Evaluated undergraduate research presentations across multiple disciplines and assessed research design, methodology, presentation quality, and scientific merit using an electronic judging system.

*04/24/2026*

## Skills

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- IBM SPSS Statistics
- Patients Assessment
- Communication skills
- Faculty Development
- Extensive knowledge of the techniques of Manual Therapy
- Experience in rehabilitating afflicted and severely injured patients
- Administrative documentation for organizing workshop/CME
- Teamwork
- Ability to build good relationships and develop rapport with patients from diverse backgrounds

## References

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### Academic References

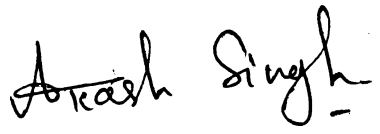
- Dr. Manoj Malik Assistant Professor- Department of Physiotherapy, Guru Jambheshwar University of Science and Technology Hisar, Haryana, India [malik\\_manoj@yahoo.com](mailto:malik_manoj@yahoo.com)
- Dr. Shabnam Joshi Professor- Department of Physiotherapy, Guru Jambheshwar University of Science and Technology Hisar, Haryana, India [shabnamphysio@gmail.com](mailto:shabnamphysio@gmail.com)

### Clinical References

- Dr. Jagan Jyoti Das Director of Rehav Healthcare, Gurgaon, Haryana, India. [jaganjyotidas41@gmail.com](mailto:jaganjyotidas41@gmail.com)
- Dr. Varun Poonia HOD, Department of Physiotherapy, Lifeline Hospital, Hisar, India [dr.varunpooniam@gmail.com](mailto:dr.varunpooniam@gmail.com)

## Declaration

Information submitted above is true to the best of my knowledge.

A handwritten signature in black ink that reads "Akash Singh". The signature is written in a cursive style with a horizontal line underneath the name.

Akash Singh.