

## FACULTY PROFILE (2017-2021)

**Name of the Faculty** : Dr Abhishek Kumar Bhardwaj  
**Designation** : Assistant Professor  
**Name of the Department/Centre of study** : Department of Psychology

**Permanent Address** : S/O- Shri Prafulla Chandra Kumar  
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Ishakchak, Bhagalpur-812001, Bihar

**Communication Address** : Department of Psychology,  
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**Mobile No** : 7906023622  
**Aadhar Number** : 401024910302  
**PAN Number** : BEUPB5931G  
**Date of joining** : 07 April 2017  
**Work Experience** : 5 years and 10 months (Teaching); 4 years and 3 months (Research experience after getting PhD, before joining University of Patanjali, Haridwar)

**Topic of Research/ Area of specialization** : Yoga Sadhna and Psychological immunity;  
Clinical psychology, Yoga psychology, Research methodology

**Courses Taught** : Psychology related papers in BA (with Yoga Science), MA Psychology

**Post Doctoral Achievements (If any)** : Worked as Scientist C at Patanjali Research Foundation, Haridwar

**Achievements (If any)** :

**Faculty serving in** : National committees  
International committees  
Editorial Boards  
Any other

**Profile Summary** :

## PROFORMA II

### Research projects

Academic Year	Name of the Project	Nature of the project	Name of the funding agency	Amount	Duration	Year

**Awards for Innovation won by Teachers**

Academic Year	Title of the innovation	Awarding Agency	Date of Award

### PhD's Produced

Academic Year	Name of the scholar	Register Number	Department of the scholar	Phd registration year	Title of the Phd thesis.	Date of Award

### Details of ongoing Research scholars (As supervisor and co-supervisor)

Academic Year	Name of the scholar	Register Number	Topic	Department of the scholar	PhD Registration year
2017-18	Kirti Maurya (UGC-JRF Yoga) Univ. of Patanjali		Bhavnatmak tanyakta (emotional resillience) ke pariprekshya me bhakti yog ki bhoomika: ek vivechanatmak addhyayan	Deptt. of Yoga, University of Patanjali, Haridwar	2017
2017-18	Sadhna Verma (UGC-NET Yoga) Univ. of Patanjali		Changes in Computer Vision Syndrome, Sleep Quality and Psychological Variables in Computer Users Following Yogic Visual Concentration ( <i>Trataka</i> )	Deptt. of Yoga, University of Patanjali, Haridwar	2017
2019-20	Jaydeep Negi (JRF Yoga) Univ. of Patanjali	Reg No. 2021 /UOP/Ph. D.-YS/ 196441/06	Effect of <i>Laghu Shankhaprakshalana Kriya</i> (Yogic Gastrointestinal Cleansing) on Body Composition, Interoceptive Awareness and Selected Physiological Parameters in Healthy Adults	Deptt. of Yoga, University of Patanjali, Haridwar	2019
2019-20	Neha Pathak (UGC- NET Yoga) Univ. of Patanjali	Reg No. 2021/UOP /Ph.D.- YS/17186 4/11	Effect of Traditional Wellness Intervention on Anthropometric and psychological measurements in obese participants	Deptt. of Yoga, University of Patanjali, Haridwar	2019

2019-20	Priyanshi Kaushik (UGC-NET Yoga) Univ. of Patanjali	Reg No. 2021/UOP /Ph.D.- YS/17188 3/15	Effectiveness of Yoga practice on postural balance, sleep quality and psychological parameters in geriatric population	Deptt. of Yoga, University of Patanjali, Haridwar	2019
2019-20	Pooja Arya (JRF- MHRD Psychology) Univ. of Patanjali	Reg No. 2021/UOP /Ph.D.- PSY/1722 24/01	Changes in different aspects of mental health in patients having spinal cord injury following specialized yoga programme	Deptt. of Psychology, University of Patanjali, Haridwar	2019

**Honours and recognitions received by teachers (received awards, recognition, fellowships at State, National, International level from Government, recognized bodies during the year )**

Academic Year	Year of award	Name of the award/ fellowship/recognition received from Government or recognized bodies	Type of Award

**Awards for creative writings, patents/copy right generated**

Academic Year	Name of the Patent/copy right/creative writing	Year of publication in the reputed press	year of award

**Consultancy project**

Academic Year	Name of the Consultancy project	Consulting/Spons oring agency with contact details	Year	revenue generated

**Books written during the Year**

Academic Year	Title of the book	Type	Name of the Publisher	Date of publication	ISBN
2020-21	<i>Vyaktitwa vikas ke liye yog (Yoga for Personality Development)</i>	print	Unisec Publications and Indian Yoga Association	2021	978-81- 951347-6-2

			PrCB, Delhi, India		
2017-18	<i>Science Studies Pranayama (Revised Edition)</i>	print	Divya Prakashan, Haridwar, India	2017	978-93-85721-43-4
2017-18	Yoga for Health and Social Transformation	print	Divya Prakashan, Haridwar, India	2017	978-93-85721-45-

### Chapters in Book

Academic Year	Title of the chapter	Title of the Book	Author of the book	Publisher Name	Date of Publication	ISBN
2017-18	Lifestyle related causative factors of obesity and evidence-based applications of intensive yoga therapy in weight reduction.	<i>Yogic Management of Life Style Disorders</i>	Professor Ishwar Bhardwaj (Ed.)	Satyam Publishing House, New Delhi, India	2017	978-93-85981-64-7

### Journal

Academic Year	Title	Journal Name	Year	ISSN No	Type
2020-21	Yoga for Posttraumatic Stress Disorder: A Mini Review.	<i>International Journal of Creative Research Thoughts</i>	2021	2320-2882	online
2018-19	Increased Mental Wellbeing and Reduced State Anxiety Following	<i>Medical Science Monitor Basic Research</i>	2018	2325-4416	online

	a Residential Yoga Program in Teachers				
2017-18	Sustained improvement in self-esteem in children after 13 months of unsupervised yoga practice	<i>International Journal of Complementary &amp; Alternative Medicine</i>	2017	0974-6986	online
2017-18	The inter-dependence between beliefs and feelings about a <i>Yagna</i> .	<i>Indian Journal of Traditional Knowledge</i>	2017	0975-1068	online
2017-18	Yoga practice in a school setting positively impacts self-esteem: a 13 month follow-up study.	<i>Indian Journal of Physiology and Pharmacology</i>	2017	2582-2799	online

### Conference Proceeding

Academic Year	Name of research paper	Conference Name	Year	ISSN/ISBN No	Type

### Faculty participation in print and visual media

Academic Year	Year	Title of the programme/Article	Uploaded documents

### Details of Seminars/ Conferences/Workshops attended

Academic Year	Year	Name of seminar	date	Status	Level	Title of the paper
2020-21	2021	<i>Antarrashtriya yog sangoshti</i>	June 15-21, 2021	Attended & Guest lecture	International	<i>Aatm nirikshan ka mahtva</i>
2020-21	2020	Yoga Sutra and its Technical Terminology	August 27-31, 2020	Attended	National	

2020-21	2020	International mental health week	October 7-13, 2020	Guest lecture	International	Mind: unlock your true self
2020-21	2020	Yoga and Neurosciences: Traditions and Research Approaches	October 9 <sup>th</sup> , 10 <sup>th</sup> , 16 <sup>th</sup> and 17 <sup>th</sup> , 2020	Attended	International	
2019-20	2020	Online yoga and wellness talk series	April 12- June 21, 2020	Guest lecture	National	Hope & happiness: mantra for success
2019-20	2020	Role of alternative & complementary therapies to combat COVID-19: An integrative approach	April 27- May 3, 2020	Guest lecture	International	Recharge yourself through positive thinking
2019-20	2020	<i>Antarrashtriya yog sangoshti</i>	June 15-21, 2020	Guest lecture	International	<i>Vicharo ki gunavatta evam prashannta</i>
2019-20	2019	Integrated approach to autoimmune disorders (Aayushkaameeya-19)	04-06 August, 2019	Attended	International	
2018-19	2018	GYAN KUMBH-2018 (National conference on Quality Improvement in Higher education)	03-04 November, 2018	Attended	National	
2017-18	2017	Yoga Professional Examiner Qualification Workshop	October 31- November 01, 2017	Attended	National	
2017-18	2017	<i>Vishva me Hindi Shikshan: Naye Aayam, Nayi Drishti</i>	September 17, 2017	Attended	International	

**Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year**

<b>Academic Year</b>	<b>Year</b>	<b>Name of conference/ workshop attended for which financial support provided</b>	<b>Name of the professional body for which membership fee is provided</b>	<b>Amount of support</b>	<b>Funding Agency</b>	<b>Sanction order</b>

**Teachers attending professional development programmes, viz., Orientation programme, Refresher Course, Short Term Course, Faculty Development Programmes during the year**

<b>Academic Year</b>	<b>Name of the Programme</b>	<b>Nature of the Programme</b>	<b>Date and Duration (from)</b>	<b>Date and Duration (to)</b>
2018-19	UGC Sponsored 113 <sup>th</sup> Orientation Program	offline	January 15, 2019 28 days	February 11, 2019
2019-20	UGC Sponsored Refresher Course in Education, Physical education and Psychology	offline	January 17, 2020 14 days	January 30, 2020