

FACULTY PROFILE (2017-2022)

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
Shivpuri Colony (Near Gayatri Mandir),
Ishakchak, Bhagalpur-812001, Bihar

Communication Address : Department of Psychology,
University of Patanjali,
Haridwar-249405, Uttarakhand

Email id : abhishek@uop.edu.in
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 Proudced

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 Registraion 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
2021-22	Manoj Kumar (UGC-NET Yoga) Univ. of Patanjali		<i>Hathyogic granthon main varnit shodhan kriyaon ki aadhunik samay main upadeyta evam chaynit shodhan kriyaon ka manovaigyanik prasannta anubhooti par prabhav ka prayogtmak adhyayan</i>	Deptt. of Yoga, University of Patanjali, Haridwar	2022
2021-22	Dr. Kanak Soni Univ. of Patanjali		Effect of hot and cold compress therapies in osteoarthritis knee pain	Deptt. of Yoga, University of Patanjali, Haridwar	2022
2021-22	Shivani (UGC-NET Yoga) SGRR Univ., Dehradun		To study the effect of OM chanting, <i>bhramari pranayama</i> and <i>nadisodhan pranayama</i> on cognitive functions among medical students	Deptt. of Yoga, SGRR Univ., Dehradun	2022

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/Sponsoring 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
2021-22	Evidence-Based Mind Body Practices	print	Crossbill Publications, New Delhi, India	2021	978-93-82297-64-2
2020-21	<i>Vyaktitwa vikas ke liye yog (Yoga for Personality Development)</i>	print	Unisec Publications and Indian Yoga Association PrCB, Delhi, India	2021	978-81-951347-6-2
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
2021-22	<i>Bhartiya Sanskriti me Aatmsatikaran</i>	<i>Bhartiya Sanskriti ke Vividh Ayaam</i>	K. Sakta, and M. Nauriyal (Eds.)	Kumud Publications, Delhi, India	2022	978-93-92023-23-1
2021-22	<i>Bhartiya Sanskriti ki Dharohar: Yog evam Ayurved</i>	<i>Bhartiya Sanskriti ke Vividh Ayaam</i>	K. Sakta, and M. Nauriyal (Eds.)	Kumud Publications, Delhi, India	2022	978-93-92023-23-1
2021-22	<i>Bhartiya Sanskriti me Moksha ki Avdharna</i>	<i>Bhartiya Sanskriti ke Vividh Ayaam</i>	K. Sakta, and M. Nauriyal (Eds.)	Kumud Publications, Delhi, India	2022	978-93-92023-23-1
2021-22	<i>Bhartiya Hathयोगic Parampara me Shodhan Kriyaon ka Mahatwa</i>	<i>Bhartiya Sanskriti ke Vividh Ayaam</i>	K. Sakta, and M. Nauriyal (Eds.)	Kumud Publications, Delhi, India	2022	978-93-92023-23-1
2021-22	<i>Aadhyatmic Chetna ki Samvahak Bhartiya Sanskriti</i>	<i>Bhartiya Sanskriti ke Vividh Ayaam</i>	K. Sakta, and M. Nauriyal (Eds.)	Kumud Publications, Delhi, India	2022	978-93-92023-23-1
2021-22	<i>Aajadi ke Amrit Mahotsav ke Uplakshya me Kavi Shri Prafulla Chandra Kunwar "Bagi" ki Rachnaon me Rashtra Prem Sampratyay: Ek Vimarsh</i>	<i>Mahan Shikshashastriyon, Sahityakaron, Mahapurushon va Darshnikon ka Bharat ke Vikas me Mahatwapurn Avdaan</i>	Tirthankar Mahaveer Vishwavidyalaya, Moradabad	J. T. S. Publications, Delhi, India	2022	978-93-92611-59-9

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
2021-22	Evidence-based benefits of <i>dhauti kriyas</i> as described in <i>Hathyoga</i>	<i>YOGAYU Research</i>	2022		online
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 a Residential Yoga Program in Teachers	<i>Medical Science Monitor Basic Research</i>	2018	2325-4416	online
2017-18	Sustained improvement in self-esteem in children after 13 months of unsupervised yoga practice	<i>International Journal of Complementary & 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

2016-17	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 th , 10 th , 16 th and 17 th , 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	April 27- May 3, 2020	Guest lecture	International	Recharge yourself through

		combat COVID-19: An integrative approach				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

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

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

Academic Year	Name of the Programme	Nature of the Programme	Date and Duration (from)	Date and Duration (to)
2018-19	UGC Sponsored 113 th 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
2021-22	Refresher Course on Vedic Science	offline	June 19, 2022 14 days	July 02, 2022