

FACULTY PROFILE (February 2023)

Name of the Faculty : Dr. Nidheesh Kumar Yadav
Designation : Assistant Professor, Hostel Warden
Name of the Department/Centre of study : Department of Yoga Science
Permanent Address : 716, Gandhi Nagar, Rae Bareli-229001 (U.P)
Communication Address : Flat 303, Block 3, University Staff Quarters, University of Patanjali, Haridwar
Email id :nidheesh@uop.edu.in , yadavnkr@gmail.com
Mobile No : 9313186405
Aadhar Number :926888227215
PAN Number :AAVPY5001E
Date of joining : 08 Feb 2017
Work Experience :

A. Professional Appointments :

12th Feb, 2017 to till date **Asst Professor**, Dept. of Yoga, University of Patanjali, Haridwar- 249405 (U.K)

01st April 2015 to 10th Feb 2017 **Lecturer**, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kuvalayananda Marg, **Kaivalyadhama, Lonavla-410403, Pune (M.S.)**

01st July 2010 to 31st March 2015 **Academic Staff** under different Yoga modules (Post Graduate Diploma in Yoga Science and Foundation Course in Yoga Science) at *Morarji Desai National Institute of Yoga, New Delhi* (an autonomous body under **Ministry of AYUSH, Govt. of India**).

01st July 2010 to 19th April 2012.
09th Aug 2012 to 19th April 2013.
05th June 2013 to 31. April 2015 **Consultant (Yoga Expert)** for Swami Vivekananda District Yoga Wellness Centers (SVDYWCs) under Public Private Partnership scheme at *Morarji Desai National Institute of Yoga, New Delhi* (an autonomous body under **Ministry of AYUSH, Govt. of India**).

04th May 2009 to 30th June 2010 **Yoga Physician**, at *Yoga Therapy and Research Center, Rajan Babu Institute of Pulmonary Medicine and Tuberculosis (RBIPMT), Kingsway Camp, New Delhi*, sponsored by Morarji Desai National Institute of Yoga, New Delhi (**Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India**).

15th September 2008 to 13th January 2009 **Programme Coordinator (Yoga)**, *Departmental Training for Border Security Force (BSF) personnel* under "Three and half months, Residential Certificate course in Yoga Science for BSF personnel" at **BSF training center Chhawla, New Delhi** in collaboration with Morarji Desai National Institute of Yoga, New Delhi (Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India)

- 05th September 2006 to 12th September 2008 **Part-time Faculty** of *Sri Guru College and Hospital of Naturopathy and Yoga*, Lucknow, (U.P.) for evening classes to teach fundamentals of Ayurveda, therapeutic aspects of Shatkarma & Panchkarma.
- 17th September 2005 to 31st January 2006 **Research Assistant**, for standardization of some Ayurvedic Medicines like *Godanti-GairikVati, Ash-tangavleha, Pushyanag Churna, Hinguashtak Churna*, etc with technical evaluation of quality control after six months with the help of some measures like HPTLC, etc for the project “Standardization of some important Vati, Ghanvati and Avleh” at **National Botanical Research Institute (NBRI), Lucknow.**

B. Professional Responsibilities :

- 02nd Dec 2022 **Resource Person** for Guest Lecture on “**Application of Hatha-Yoga in current scenario**” at School of Health Sciences, CSJM University Kanpur
- 30th Nov 2022 **Chaired Scientific Session** at 18th National Seminar on Effects of Yoga & Naturopathy for Digestive System, organized by **Faculty of Yoga & Alternative Medicine, University of Lucknow**, 2nd Campus, Jankipuram, Lucknow
- 2022 **Life Member, Patanjali Yogpeeth Trust, Haridwar**
- 2022 **Member**, Sub Committee Yoga Therapy under Standing Academic Accreditation Committee of Indian Yoga Association, 2022.
- 2022 **Joint Secretary, IYA Uttarakhand Chapter of Indian Yoga Association.**
- 2022 **Member**, working group for **Yoga for Old Age Project** under **Indian Yoga Association IYA.**
- 24th Feb 2021 **Coordinator** for Faculty of Naturopathy & Yoga Sciences, **University of Patanjali, Haridwar**
- Jan 2021 **Joint Secretary, Uttar Pradesh Yogasana Sports Association** under National Yogasana Sports Federation affiliated with Sports authority of India.
- 27.01.2021 **In-charge, Office of International Affairs**, University of Patanjali, Haridwar
- 24th Nov 2020 **Secretary, Research Committee**, University of Patanjali, Haridwar
- 05th Oct 2020 **Appointed as Supervisor/Guide** for PhD scholars of University of Patanjali, Haridwar.
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| 08 th July 2020 | Member for Board of Studies , Dept of Yoga, Jamshedpur Womens College, Jamshedpur. |
| 19 th Feb 2020 | Consultant to Placement Cell , University of Patanjali. |
| 11 th Sept 2019 | Member Prevention of Sexual Harassment Committee (PoSHC) , of University of Patanjali, Haridwar |
| 07 Aug 2019 | Appointed as Co-Guide for PhD scholar of University of Patanjali, Haridwar. |
| 12 th July 2019 | Committee Member to establish Naturopathy College in Patanjali Yog Peetha. |
| 18 th Mar 2019 | <u>Life Member for Indian Yoga Association, New Delhi.</u> |
| Sept 2017 | Deputed as Hostel Warden in University of Patanjali, Haridwar |
| 27 th July 2017 onwards | Member of Technical Expert Committee for School Certification process by Personal certification Body Indian Yoga Association on account of Quality Council of India, New Delhi |
| 7 th -12 th March, 2016 | Coordinator for Continuing Medical Education (6 Days C.M.E) in Yoga for AYUSH/Allopathy Doctors funded by Min. of AYUSH at Kaivalyadhama. |
| November, 2015 | Coordinator for Orientation Training Programme (O.T.P) in Yoga for Yoga Professionals funded by Min. of AYUSH at Kaivalyadhama,. |
| 2014 onwards | <u>Guest Faculty for Himalayan Yoga Institute, London, United Kingdom.</u> |

C. Professional Experience :

- 01-04 Aug 2022 **Member of Organizing Committee** for Seminar on Modernization of Traditional Indian Medicine: Public Health & Industrial Perspective organized by Patanjali Research Institute, Haridwar.
- 19th Jun to 02 Jul 2022 **Participated in Refresher Course in Yoga Science** organized by University of Patanjali, Haridwar.
- 21st Jun 2022 **Resource Person** for Human Life & Yoga at One day International Online Conference organized by Mahatma Phule Mahavidyalaya, Ahmedpur Latur.
- 25th May 2022 **Resource Person, for International Conference** on Indian Traditional Yoga Systems; Theory & Practice, Dept of Yoga Science, Gurukul Kangari (Deemed to be University) Haridwar, 24-26 May 2022.
- 26th Apr 2022 **Coordinated 6 days Workshop** on Pranic Healing & Acupressure, Dept of Yoga Science, University of Patanjali. Haridwar
- 18th Apr 2022 **Member, Editorial Board for Patanjali Vishwavidyalaya Prabha.**
- 23rd Mar 2022 **Invited Talk** for Induction program for newly admitted BAMS students of **Patanjali Ayurvedic Evam Annusandhan Sansthan**, Patanjali Yogpeeth, Haridwar.
- 21st Mar 2022 **Online Guest Lecturer for Paper I & Paper II of Certificate Course in Yoga for Therapy Assistant (CCYTA)** for 10 days at MDNIY, New Delhi.
- 17th Mar 2022 **Participated in** One day online workshop for **YCB empanelled Observer, Lead Examiners & Examiners** and **Empanelled as Lead Examiner for 17.03.2022 to 16.03.2025 for Yoga Certification Board.**
- 14th Mar 2022 **Invited Lecture on Education, Health & Self Sustainment** at University Institute of Health Sciences, Chhatrapati Sahu Ji Maharaj University Campus, Kalyanpur Kanpur.
- 12th Mar 2022 **Invited Guest for Inaugural session of Yoga Utsav-2022** organized by Universal Yoga Consciousness (UYCON) at Bharat Ghat, Ganga Resort, Rishikesh, Uttarakhand.
- 10th Mar 2022 **Online Guest Speaker** for Weakly lecture series on **Education, Health & Self sustainment** in relation to Yoga at University Institute of Health Sciences, **CSJMU, Kanpur.**
- 05th Oct 2021 **Resource Person for Yama Niyama: Crucial Component of Hatha Yoga** at one week workshop on Spirituality, Yoga & Ethics, conducted by **UGC HRDC, Guru Jambheshwar Das University of Science & Technology (GJUS&T) Hissar.**

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| 26 th July 2021 | Speaker for Health & Disease during Jnana Pravah organized by University of Patanjali, Haridwar. |
| 26 th June 2021 | Speaker for Yoga Therapy in relation to Prana during Jnana Pravah organized by University of Patanjali, Haridwar. |
| 21 st June 2021 | Lecture on Hathayoga for Yoga for Unity & Wellness , organized by Shri Ram Chandra Mission, India |
| 21 May -21 June 2021 | Guest Lecture on Management of after effect of current pandemic at Department of Yoga Science, Soban Singh Jeena University, Almorah, U.K. |
| 17 th June 2021 | Speaker for Scientific Inter-relationship of Gross & Subtle body at 7 Days International Yoga Seminar during 7 th International Yoga Day organized by University of Patanjali, Haridwar |
| 31 st May 2021 | Speaker for the webinar on Self Management during the current pandemic organized by Dept of Sports & Yoga, I.I.T. Bhilai, Jharkhand |
| 27 th Feb 2021 | Expert Committee Member for Yoga Programmes in IGNOU University, Delhi |
| 08 th Oct 2020 | Guest Lecture , at two days online training program on effective Health Management for enhancing Work Efficiency of ICAR Employees, organized by Indian Council for Agriculture Research-Directorate of Weed Research, Jabalpur. |
| 01 st July 2020 | Resource Person/speaker for International Webinar organized by Indra Gandhi University, Meerpur, Rewari, Haryana. |
| 29 th Jun 2020 | Key Note Speaker for Webinar on Historical & Cultural Heritage of India organized by Government PG College, Bilaspur Pilibhit, UP. |
| 20 th June 2020 | Speaker for Misconceptions of Yoga at 7 days International Seminar on the occasion of 6 th International Yoga Day at University of Patanjali, Haridwar |
| 17 th Jun 2020 | Resource Person/speaker “ Relevance of Tridosh & Trigun in relation to Covid-19 ” for 6 th International Yoga Day organized by IGNOU, New Delhi. |
| 14 th June 2020 | Speaker for “ How Yoga can help to fight CANCER ” on Webinar organized by Live Holistic Wellness, Ranchi Jharkhand. |
| 07 th Jun 2020 | Coordinated Global Yoga Webinar on Yoga: The Immunity Booster for University of Patanjali. |
| 2020 | <u>Member, Yoga Certification Board, Patanjali Yogpeeth, Haridwar</u> |

- 21st June 2019 **Resource Person to deliver lecture on 5th International Yoga Day (21st June)** conducted jointly by Central Hindi Directorate and Commission for Scientific and Technical Terminology , **Ministry of Human Resource Development (MHRD), Government of India.**
- May 2019 **Resource Person** for syllabus preparation for BSc Yoga Science course for University of Patanjali, Haridwar.
- April 2019 onwards Guest Faculty, paper setter, evaluator and examiner for Yoga subjects of **BNYS (Bachelors in Naturopathy and Yoga Studies) Course IIMT, Meerut.**
- 12th Feb 2019 **Guest Speaker** to address a Technical Session in 1st Global Yoga Festival organized by **Gobal Yoga Alliance, at Conventional Hall, Connaught Place, New Delhi.**
- Jan 2019 Prepared Yoga Module for PGD Courses in Yoga for **National Institute of Open Schooling (NIOS)** under **Ministry of Human Recourse and Development (MHRD), Govt of India, New Delhi.**
- 01st Dec 2018 **Chaired a Session** on 14th National Seminar on Management of Joint Disorder through Yoga & Naturopathy organized by Institute of Human Consciousness & Yogic Science, University of Lucknow.
- 10 Sept 2018 Hosted students of Department of Public Health, **University of Wolverhampton, United Kingdom (U.K)** for Summer Programme on “Health in India”.
- Jun 2018 **Invited Speaker** to **8th International Seminar** by **Wonkwang Digital University, South Korea** and presented paper on **INDIAN NATURAL HEALTH THEORY & PRACTICE, June 2018.**
- 22nd Aug 2018. As **Resource Person** for **Short Term Course in Yoga & Health** organized by **University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital.**
- 09th to 14th Aug 2018. **As Lead Examiner for International Yoga Professional Certification at **Osaka and Tokyo, Japan** organized by Indian Yoga Association as PrCB under the guidelines of Yoga Certification Board, Morarji Desai National Institute of Yoga.**
- 31st Jan- 03 Feb 2018 **Coordinated International Training program in Yoga for **Wonkwang Digital University, South Korea** for 20 Participants and 04 faculty persons with ~ Consultation fees of Rs 2 Lakhs & 75 Thousands.**
- 07th Dec 2017 Invited and delivered **Expert Guest Lecture** titled “Applied Yoga Therapy” in **5 days Workshop on Yoga & Naturopathy for AYUSH Doctors** organized by Gurukul Kangri University, Harid-

war

- July 2017 onwards Guest Faculty, paper setter, evaluator and examiner for Yoga courses run under **Chaudhary Charan Singh University, Meerut.**
- 26th February, 2016. As **Resource Person** for conducting workshop on behalf of Indian Yoga Association (I.Y.A) for orientation of Examiners of North India for Yoga Certification, at Dev Sanskriti Vishwvidyalaya, Haridwar.
- 19th September, 2016 As **Resource Person** for conducting workshop on behalf of Indian Yoga Association (I.Y.A) for orientation of Examiners of South India for Yoga Certification
- June 2016 onwards **Examiner for Yoga Certification for various levels organized by Indian Yoga Association (I.Y.A.) on behalf of QCI, New Delhi from.**
- April, 2016 **Resource Person** for syllabus preparation for various Yoga Courses for **Mahatma Gandhi University, Kottayam, Kerala.**
- 7th -12th March, 2016 **Coordinator** for **Continuing Medical Education (6 Days C.M.E)** in Yoga for AYUSH/Allopathy Doctors funded by Min. of AYUSH at Kaivalyadhama.
- December, 2015 **Member of Organizing Committee** of 8th International Conference on Yoga & Education at Kaivalyadhama,
- October, 2015 onwards **Examiner for Yoga Certification** for various levels organized by Quality Council of India, New Delhi.
- Aug 2015 to Feb 2017 **Guest faculty** for Yoga at **Savitribai Phule University of Pune** deputed from **Kaivalyadhama Yoga Institute, Lonavla, Pune.**
- 17th Nov, 2014 **Resource Person** for faculty Development Programme sponsored by **Directorate General of Higher Education, Haryana.**
- 28th Jan to 02nd Feb 2014 **Resource person** for training programme on Yoga & Naturopathy for Ayurveda Medical Officers held at **Dr. Sarvapalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur.**
- 2013 and 2014 **Coordinator** for Seminars of National Yoga Week at Morarji Desai National Institute of Yoga, New Delhi.
- 2013 and 2014 **Member of Editorial Board for Souvenir and Abstracts of Research Papers for** National Yoga Week 2013 and 2014, published by MDNIY, New Delhi.
- 2011 and **Coordinator & Member of Organizing Committee** of National

Topic of Research/ Area of specialization : Yoga Therapy/ Application of Yoga
Courses Taught

: Anatomy & Physiology of Yoga
: Application of Yoga Therapy
: Hathayoga
: Patanjala Yogsutra
: Fundamentals of Ayurveda
: Disease Specific Pathology

Post Doctoral Achievements (If any)
Achievements (If any)

:
: A. Life Member Indian Yoga Association
: B. Life Member Patanjali Yogpeetha

Faculty serving in

: National committees:

- A. Joint Secretary, Uttar Pradesh Yogasana Sports Federation.**
- B. Joint Secretary, Indian Yoga Association Chapter Uttarakhand.**
- C. Member, Sub Committee Yoga Therapy under Standing Academic Accreditation Committee of Indian Yoga Association, 2022.**
- D. Member, working group for Yoga for Old Age Project under Indian Yoga Association IYA.**
- E. Member of Technical Expert Committee for School Certification process by Personal certification Body Indian Yoga Association on account of Quality Council of India, New Delhi.**

International committees:

- A. In-charge, Office of International Affairs, University of Patanjali, Haridwar.**
- B. Lead Examiner for Yoga Certification Board. Conducted Examination in Osaka & Tokyo, Japan in 2018.**

Editorial Boards :

- A. Yoga Modules for National Institute of Open Schooling (NIOS), Noida**
- B. Patanjali Yog Prabha, University of Patanjali.**

Profile Summary

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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

| Academic Year | Name of the scholar | Register Number | Topic | Department of the scholar | PhD Registration year |
|---------------|---------------------|-----------------------------|--|---------------------------|-----------------------|
| 2019-20 | Ananya Gupta | 2021/UOP/Ph.D.-YS/196451/01 | ^'kkL=ksDr okrt jksxksa dk ;kSfxd izcU/ku | Yoga Science | 2019 |
| 2019-20 | Avichal Verma | 2021/UOP/Ph.D.-YS/171867/02 | COMPARATIVE STUDY OF PRACTICING ASANAS WITH CLOSED EYES AND WITH OPEN EYES ON PROPRIOCEPTION AND BALANCE | Yoga Science | 2019 |
| 2019-20 | Vipin Rathore | 2021/UOP/Ph.D.-YS/196447/03 | EFFECT OF BACKWARD BENDING ASANAS ON THORACIC ANTHROPOMETRIC MEASURES AND CARDIOPULMONARY FUNCTIONS | Yoga Science | 2019 |
| 2021-22 | Mamta | 219272 | - | Yoga Science | 2021 |

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 |
|---------------|---------------|---|---|
| 2010-11 | 2011 | Bhagwan Baksh Singh Smriti Samman | Yogic entrepreneurship in Rae Bareli, UP |
| 2018-19 | 2018 | Yog Gaurav Samman, Yogamratam Sansthan, Lucknow | Social recognition for promotion and propagation of Yoga among masses. |
| 2022-23 | 2022 | Award of Excellence by University of Lucknow | For outstanding performance in promotion and propagation of Yoga & Naturopathy. |

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 generat |
|---------------|---------------------------------|---|------|-----------------|
| - | - | - | - | - |

Books written during the Year

| Academic Year | Title of the book | Type | Name of the Publisher | Date of publication | ISBN/ Link |
|---------------|--|------------------------------------|--|---------------------|---|
| 2021-22 | Diploma in Yoga Science Program Module – 823-825 | Vocational Course, Online Module | National School of Open Schooling (NIOS) Noida | - | https://nios.ac.in/media/documents/yog_diploma_823_832/First_year_Therory_(823-825).pdf |
| 2021-22 | Diploma in Yoga Science Program Module – 828-830 | Vocational Course, Online Module | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Therory_(828-830).pdf |
| 2021-22 | Diploma in Yoga Science Program Module – 828-830 | Vocational Course, Online Module | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Therory_(828-830).pdf |
| 2021-22 | Diploma in Yoga Science Program Module – 831-832 | Vocational Course, Online Module | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Practical_(831-832).pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-1 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Module_1.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-2 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Module_2.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-3 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Module_3.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-4 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Practical-4F.pdf |
| 2021-22 | Diploma in | Vocational | National School | | https://nios.ac.in/media/do |

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|---------|---|--|--|--|---|
| | Naturopathy & Yoga Science Program Module | Course, Online Module-5 | of Open Schooling (NIOS) Noida | | cuments/vocational/dip_naturopathy/DNYS_Practical-5F.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-6 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Practical-6F.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-1-817 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/Book_1_817.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-1-818 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/Book_1_818.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-1-819 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/Book_1_819.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-820 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_820.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-821 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_821.pdf |
| 2021-22 | Diploma in Naturopathy & Yoga Science Program Module | Vocational Course, Online Module-822 | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_822.pdf |
| 2021-22 | Yoga Teachers Training Booklet Translation in English | Translation of Module in English | National School of Open Schooling (NIOS) Noida | | https://nios.ac.in/yoga.aspx |

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 | - | - | - | - | - | - |

Journal

| Academic Year | Title | Journal Name | Year | ISSN No | Type |
|----------------------|--|---|-------------|------------------|-------------------|
| 2018-19 | Effect of Yajna on Total Lung Capacity & Biological Lung Age. | <i>Gurukul Shodh Bharati, Gurukul Kangri Vishwavidyalaya, Haridwar</i> | 2019 | 0974-8830 | UGC CARE |
| 2019-20 | Executive Functions: Effect of Yogic Intervention among Adolescent Girls in Delhi Region | <i>International Journal for Creative Research Thoughts</i> | 2020 | 2320-2882. | Peer Reviewed |
| 2021-22 | Role of Yoga practices on cognitive functions: A review. | <i>International Journal of Health Sciences,</i> | 2022 | 2550-696X © 2022 | Indexed in Scopus |
| 2022-23 | Role of Pranayama in Yogic Management of Vata Diseases. | <i>International Journal of Innovative Sciences & Research Technology,</i> | 2022 | 2456-2165. | Peer Reviewed |
| 2022-23 | Yogic Management of Scriptural Vatajananatmaja Diseases: A descriptive study | <i>Shodh Prabha, Shri Lalbahadur Shastri Rashtriya Sanskrit Vishwavidyalaya: Central University, Delhi.</i> | 2022 | 0974-8946. | UGC Care |
| 2022-23 | Yogic Sukshma Vyayama (Micro Exercises) is an Emerging Therapeutic Yogic Exercise for Cardiopulmonary Functions: A Narrative Review. | <i>ĀMNĀYIKĪ,</i> | 2022 | 2277-4270. | UGC CARE |
| 2022-23 | Yoga for Dynamic balance: A systematic literary review. | <i>Shodh Prabha, Shri Lalbahadur Shastri Rashtriya Sanskrit Vishwavidyalaya: Central University, Delhi</i> | 2022 | 0974-8946. | UGC Care |
| 2022-23 | Kinetics of Kapalbhathi: A mathematical interpretation of force, pressure, centres of gravity & centre of mass. | <i>International Journal of Scientific & Engineering Research.</i> | 2022 | 2278-5159 | Peer Reviewed |
| 2022-23 | Impact of specific yoga module with special reference to Bhramari, Trataka and Jala Neti on attention among archers. | <i>International research journal of Ayurveda & Yoga.</i> | 2022 | 2581-785X. | UGC CARE |
| 2022-23 | Yoga as a complementary and alternative therapy for cardiopulmonary functions: A Review. | <i>Yog Mimamsa, Kaivalyadhama, Lonavla Pune</i> | 2022 | 2394-2487 | UGC CARE |

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 |
|---------------|------|---|----------------------------|---------------------------------------|-------|---|
| 2022-23 | 2022 | Modernization of Traditional Indian Medicine: Public Health & Industrial Perspective organized by Patanjali Research Institute. | 01-04 Aug 2022 | Member of Organizing Committee | - | - |
| 2021-22 | 2022 | One day International Online Conference on Human Life & Yoga | 21 st Jun 2022 | Resource Person | - | - |
| 2021-22 | 2022 | International Conference on Indian Traditional Yoga Systems; Theory & Practice, Dept of Yoga Science, Gurukul Kangari (Deemed to be University) Haridwar, 24-26 May 2022 | 25 th May 2022 | Resource Person, | - | - |
| 2021-22 | 2022 | 6 days Workshop on Pranic Healing & Acupressure, Dept of Yoga Science, University of Patanjali. Haridwar | 26 th Apr 2022 | Coordinator | - | - |
| 2021-22 | 2022 | One day online workshop for YCB empanelled Observer, Lead Examiners & Examiners and Empanelled as Lead Examiner for 17.03.2022 to 16.03.2025 for Yoga Certification Board. | 17 th Mar 2022 | Participation | - | - |
| 2021-22 | 2021 | One week workshop on Spirituality, Yoga & Ethics, conducted by UGC HRDC, Guru Jambheshwar Das University of Science & Technology (GJUS&T) Hissar. | 05 th Oct 2021 | Resource Person | - | Yama Niyama: Crucial Component of Hatha Yoga |
| 2020-21 | 2021 | 7 Days International Yoga Seminar during 7 th International Yoga Day organized by University of Patanjali, Haridwar | 17 th June 2021 | Speaker | - | Scientific Inter-relationship of Gross & Subtle body |

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|---------|------|---|----------------------------|-----------------------------|---|---|
| 2020-21 | 2021 | Webinar organized by Dept of Sports & Yoga, I.I.T. Bhilai, Jharkhand | 31 st May 2021 | Speaker | - | Self Management during the current pandemic |
| 2020-21 | 2020 | International Webinar organized by Indra Gandhi University, Meerpur, Rewari, Haryana. | 01 st July 2020 | Resource Person/speaker | - | - |
| 2019-20 | 2020 | Webinar organized by Government PG College, Bilaspur Pilibhit, UP. | 29 th June 2020 | Key Note Speaker | - | Historical & Cultural Heritage of India |
| 2019-20 | 2020 | 7 days International Seminar on the occasion of 6 th International Yoga Day at University of Patanjali, Haridwar | 20 th June 2020 | Speaker | - | Misconceptions of Yoga |
| 2019-20 | 2020 | 6 th International Yoga Day organized by IGNOU, New Delhi. | 17 th Jun 2020 | Resource Person/speaker | - | Relevance of Tridosh & Trigun in relation to Covid-19” |
| 2019-20 | 2020 | Webinar organized by Live Holistic Wellness, Ranchi Jharkhand | 14 th June 2020 | Speaker | - | How Yoga can help to fight CANCER” |
| 2019-20 | 2020 | Global Yoga Webinar organized by Dept of Yoga Science, University of Patanjali. | 07 th Jun 2020 | Coordinator | - | Yoga: The Immunity Booster |
| 2018-19 | 2019 | 5th International Yoga Day (21st June) conducted jointly by Central Hindi Directorate and Commission for Scientific and Technical Terminology , Ministry of Human Resource Development (MHRD), Government of India. | 21 st June 2019 | Resource Person | - | - |
| 2018-19 | 2018 | Chaired a Session on 14 th National Seminar on Management of Joint Disorder through Yoga & Naturopathy organized by Institute of Human Consciousness & Yogic Science, University of Lucknow. | 01 st Dec 2018 | Chairperson | - | - |
| 2017-18 | | 8th International Seminar by Wonkwang Digital University, South Korea and presented paper on INDIAN NATURAL HEALTH THEORY & PRACTICE, June 2018. | Jun 2018 | <i>Invited Speaker</i> | - | Yoga & Ayurveda |
| 2017-18 | 2017 | 5 days Workshop on Yoga & Naturopathy for AYUSH Doctors organized by Gurukul Kangri University, Haridwar | 07 th Dec 2017 | Expert Guest Lecture | | “Applied Yoga Therapy” |

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|---------|------|--|----------------------------------|-------------------------------------|--|--|
| 2016-17 | 2017 | Workshop on behalf of Indian Yoga Association (I.Y.A) for orientation of Examiners of North India for Yoga Certification, at Dev Sanskriti Vishwvidyalaya, Haridwar. | 26 th February, 2017. | Resource Person | | |
| 2015-16 | 2015 | 8 th International Conference on Yoga & Education at Kaivalyadhama, | Dec 2015 | Member, Organizing Committee | | |

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 to) | Date and Duration(to) |
|---------------|---|--------------------------|----------------------------|---------------------------|
| 2021-22 | Refresher Course in Yoga Science , organized by University of Patanjali, Haridwar | Refresher Course | 19 th June 2022 | 02 July 2022 |
| 2018-19 | <i>Short Term Course in Yoga & Health</i> organized by University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital. | Short Term Course | 22 nd Aug 2018 | 22 nd Aug 2018 |
| 2017-18 | Refresher Course in Physical Education & Yoga (SRC) organized by University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital. | SRC | 12 March 2018 | 31 March 2018 |

(Dr. Nidheesh Kumar Yadav)