

## Faculty's Profiles



1. **Name:** Dr. Nidheesh Kumar Yadav
2. **Qualifications:** B.A.M.S., M.A. Yoga, P.G.D.H.H.M., Ph.D.
3. **Present Position:** Assistant Professor, Hostel Warden
4. **Teaching and Research Experience:**
  - A. **Teaching Administration:** About 02 Years  
(2010 to 2012, Dept of AYUSH, Min. of Health, GoI)
  - B. **Teaching:** More than 06 Years ( March, 2015 Onwards)
  - C. **Research:** More Than 03 Years (2018 Onwards)
5. **Area of Specialization:** Yoga Therapy
6. **Experience of Ph.D Guidance during last five years:**
  - (a) **No. of Ph.D produced:** 01 as Co- Supervisor
  - (b) **No. of Ph.D Scholars registered:** 04 (Four)
7. **Publications during last five years:**
  - (a) **Journal Articles:**
    1. Yadav,R.K.S., Yadav, N.K., Dwivedi, R. (2020). Executive Functions: Effect of Yogic Intervention among Adolescent Girls in Delhi Region. *International Journal for Creative Research Thoughts*, Volume 8 (7), 4038-4045.
    2. Yadav, N.K., Yadav,A.,Singh, D.P., (2020)Effect of Yajna on Total Lung Capacity & Biological Lung Age. *Gurukul Shodh Bharati*, Volume 26-32, 166-173
  - (b) **Other Articles:.**
    1. Indian Natural Health Theory and Practice at 8<sup>th</sup> International Seminar at *Wonkwang Digital University, South Korea June 2018*.
  - (c) **Books/ Modules:**
    1. Yadav, N.K., (2020). *Human body, Diet & Cleansing (496)*, Yoga Teachers Training Manual, National Institute of Open Schooling, Noida, pp 55-112.
    2. Yadav, N.K., (2020).*Human biology, Diet & Cleansing (824)*, Diploma in Yoga Science Module, National Institute of Open Schooling, Noida, pp 59-117.
    3. Yadav, N.K., (2020).*Yoga Practices & Training(826-27)*, Diploma in Yoga Science Module, National Institute of Open Schooling, Noida.
8. **Conference/Seminar/Workshop attended during last five years:**
  - (a) **National:**
    - **Key Note Speaker** for Webinar on **Historical & Cultural Heritage of India** organized by Government PG College, Bilaspur Pilibhit, UP on 28-29 June 2020

- **Speaker** for “How Yoga can help to fight CANCER” on Webinar organized by Live Holistic Wellness, Ranchi Jharkhand on 14 June 2020.
- **Attended** 2 weeks Workshop on Research Methodology organised by Department of Yoga Science and Mathematics, Gurukul Kangri University, Haridwar Dec 2018.
- **Chaired a Session** on 14<sup>th</sup> National Seminar on Management of Joint Disorder through Yoga & Naturopathy organized by Institute of Human Consciousness & Yogic Science, University of Lucknow on 01<sup>st</sup> Dec 2018
- **Resource Person** for *Continuing Medical Education (CME)* for Yoga Teachers organized by **Kaivalyadhama Yoga Institute, Lonavla, Pune on 25 August 2018.**
- **Expert Guest Lecture** on “Applied Yoga Therapy” in **5 days Workshop on Yoga & Naturopathy for AYUSH Doctors** organized by Gurukul Kangri University, Haridwar, 07<sup>th</sup> Dec 2017.

**(b) International:**

- International conference on innovative pedagogical approaches for integration of physical education and yogic sciences in teacher education, organized by DAV University, Jalandhar in association with department of physical education and department of education dated 21-22 June 2021
- Resource Person/speaker “ **Relevance of Tridosh & Trigun in relation to Covid-19**” for 6<sup>th</sup> International Yoga Day organized by IGNOU, New Delhi on 17<sup>th</sup> June 2020.
- **Resource Person/speaker** for International Webinar organized by Indra Gandhi University, Meerpur, Rewari, Haryana on 01 July 2020.
- **Resource Person** to deliver lecture on **5<sup>th</sup> International Yoga Day (21<sup>st</sup> June)** conducted jointly by Central Hindi Directorate and Commission for Scientific and Technical Terminology , **Ministry of Human Resource Development (MHRD), Government of India on 21<sup>st</sup> June 2019.**
- **Guest Speaker** to address a Technical Session in 1<sup>st</sup> Global Yoga Festival organized by **Gobal Yoga Alliance, at Conventional Hall, Connaught Place, New Delhi on 12 Feb 2019.**
- **Invited Speaker** to **8<sup>th</sup> International Seminar** by **Wonkwang Digital University, South Korea** and presented paper on **INDIAN NATURAL HEALTH THEORY & PRACTICE**, June 2018.

**9. Conference/Seminar/Workshop organized during last five years:**

- a. Organized One day International Workshop on “Yoga The immunobooster” in June 2020 under the banner of University of Patanjali, 07 June 2020.
- b. Organized Workshop on Kalaripayattu during 04<sup>th</sup> to 07<sup>th</sup> March 2020.
- c. Organized Guest Lecture on Patanjala Yoga Sutra by DR BR Sharma, Dean, Faculty of Health Sciences, Sri Sri University, Cuttak on 22 Feb 2020.
- d. Organized workshop on Ashtanga & Vinyasa on 22 Sep 2019.

- e. Organized International Workshop on Yoga for Wonkwang Digital University, South Korea for 20 Participants and 04 faculty persons with Consultation fees of Rs 2 Lakhs & 75 Thousands during 31<sup>st</sup> Jan to 03 Feb 2018.

**10. Project undertaken, if any, during last five years:**

(a) As P.I.: .....

(b) As Co-P.I.: .....

**11. Award/Recognition received during last five years:**

- a. YOG GAURAV SAMMAN-2018 by Yogamtratam Sewa Sansthan for outstanding performance for propagation and promotion of Yoga in Uttar Pradesh

**12. Refresher And Orientation programme details.**

- 1) As Resource Person for Short Term Course in Yoga & Health organized by University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital on 22nd August 2018
- 2) Participated in Refresher Course in the Subject Physical Education and Yoga (SRC) at UGC HRDC Kumaun University Nainital during 12-31 March 2018