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Goal

Implementing experiential cum experimental knowledge, skills, creativity, and innovations for optimal teaching-learning, research, health promotion, disease prevention, healing, age reversal, and awakening latent potentials of learners to make them professionally competent, self-managed, and socially empathetic.

1. Academic Qualifications

1.1 PhD in Human Consciousness, Yoga and Health (2009-2012) under the supervision of Hon'ble Dr. Pranav Pandya, from Dev Sanskriti Vishwavidyalaya (DSVV), Haridwar.

Title of Thesis: *"Yogic Intervention for Coping with Distress in Corporate Circles."*

1.2 M. Sc. in Human Consciousness & Yogic Science from DSVV, Haridwar, Uttarakhand, India, in 2007.

2. Work Experiences

2.1. Academic

2.1.1. Teaching & Facilitation

- 1) Serving as Faculty Member in the Department of Yoga Science, University of Patanjali, Haridwar, Uttarakhand, India, since September 2011 till the date.

Subjects Taught: Research & Statistical Methods, Yoga Therapy, Yoga Psychology, Human Biology, Complementary & Alternative Therapy, and Yoga Practical at UG, PGD, MD Ayurveda, PG, and PhD levels since then.

- 3) Served as Research Coordinator in the Knowledge Workers' Network under Divya Yog Mandir Trust, headquartered at Patanjali Yogpeeth from July 2009 to August 2011.
- 4) Served as a faculty to teach PG and UG level students in the School of Yoga and Health Department, DSVV, Haridwar, from February 2009 to July 2009.

2.1.2. Guest Speaker, Resource Person, and Facilitations

- 1) Contributed as a Resource Person in Continuing Medical Education (CME) on Yoga for AYUSH Doctors organized by Morarji Desai National Institute of Yoga from 19th to 24th August 2024.
- 2) Conducted the 10th International Day of Yoga Session with the theme "Yoga for self and society" as a Lead Yoga Teacher at the Indian Institute of Technology Roorkee, India, on 21st June 2024.
- 3) Delivered talk as a keynote speaker on "Yoga and Ayurveda intervention for managing

COVID-19 induced depression and anxiety” in the **International Conference on Integrative AYUSH Approach for Holistic Health ad Wellness** jointly organized by Directorate of Ayurved and Unani Services, Govt. of Uttarakhand, Uttarakhand Ayurved University and Devamber Dham Institute of Vedic Sciences, Kashipur from 5 to 6 April 2024.

- 4) Delivered an Invited talk on “Online Yoga and Ayurveda Intervention as tertiary prevention of psychological comorbidities in COVID-19 Survivors: A Randomized Controlled Study” at the International Conference on Role of Yoga, Yagya, and Ayurveda, organized by Sriram Yog Training and Research Society, Uttar Pradesh, and hosted by AIIMS Rishikesh from 7 to 8 December 2023.
- 5) Delivered Invited talk on “Traditional formulations for managing COVID-19: A systematic review and meta-analysis” at the International Conference on Naturopathy organized by Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, GoI and hosted by the University of Patanjali, Haridwar from 18 to 19 November 2023.
- 6) Contributed as Resource Person of Faculty Development Program on Indian Knowledge System organized by the Department of Biotechnology, Chemistry and Physics, Govt. V.Y.T. PG Autonomous College, Durg, Chhattisgarh, held from 20th to 27th September 2023.
- 7) Contributed as a yoga expert in a Focused Group Discussion (FGD) centered around Dinacharya practices and their potential impact on the quality of life among medical college students organized by the Department of AYUSH, AIIMS Rishikesh on 2 September 2023.
- 8) Contributed as a yoga expert in a Focused Group Discussion (FGD) centered around Dinacharya practices and their potential impact on the quality of life among medical college students organized by the Department of AYUSH, AIIMS Rishikesh on 21 August 2023.
- 9) Conducted offline **practical yoga session for wellness** organized by Sports Council of Indian Institute of Technology Roorkee on 20th June 2023 on the eve of the 9th International Day of Yoga.
- 10) Conducted offline **yoga practical session for health promotion** of police personnel at District Police Office, Bajhang, Nepal, on 9th June 2023.
- 11) Delivered an invited talk on Advances in Yoga Therapy organized by the Department of Yogic Sciences and Wellbeing at Kathmandu University dated 26th February 2023.
- 12) Yoga for Immunomodulation and wellness promotion organized by Institute Sports Council IIT-Roorkee on 19th June 2022.
- 13) Lecture on Integral Yoga for Stress Management at Wipro Enterprises Private Limited, SIDCUL, Haridwar, during 51st National Safety Week, 4th to 10th March 2022.
- 14) Online new syllabus presentation organized by the Department of Humanities and Social Sciences, NIT Raipur, on 21 April 2022.
- 15) Invited resource person in the refresher course on Yoga: Health, fitness, wellness, and First-aid spoke on the topic “Integral Yoga for Personal Excellence” on 15th Jan 2022, organized by UGC-Human Resource Development Centre (HRDC) of Gurughasidas University, Bilaspur, Chattisgarh.
- 16) Invited speaker on Yoga and Ayurveda Intervention for COVID-19 management on 13th March 2022, organized by Universal Yoga Consciousness, held from 12-18 March 2022 at Ganga Resort, Rishikesh.

- 17) Bhandari, R. B. (2020, 12th December). *Yoga protocol for coping with COVID-19*. Invited presentation during a two-day Workshop on “Virtual Symposium on Holistic & Molecular Approaches for COVID-19” organized by the Department of Biochemistry, AIIMS, Rishikesh, India.
- 18) Bhandari, R. B. (2020, 19th October). *Concept of Dharana, Dhyan, and Samadhi*. Invited Online Commentator on Biology Series for Non-biologists organized by Post Graduate Institute of Medical Education and Research, Chandigarh, India.
- 19) Bhandari, R. B. (2020, 31st August). *Concept of Evolution and Involution in Samkhya Philosophy*. Invited Online Presentation organized by the University of Patanjali and sponsored by Commission for Scientific and Technical Terminology, Ministry of Human Resource Development, Government of India, New Delhi.
- 20) Bhandari, R. B. (2020, 6th August). *Science of Yoga Techniques*. Invited Online Presentation organized by Post Graduate Institute of Medical Education and Research, Chandigarh, India.
- 21) Bhandari, R. B. (2020, 21st June). *Integrative Prescription for Coping with Covid-19*. Invited Online Presentation during Webinar on International Yoga Day (Role of yoga in developing immunity and treatment for Covid-19: Challenges) organized by Commission for Scientific and Technical Terminology, Ministry of Human Resource Development, Government of India, New Delhi and hosted by Bundelkhand University, Jhansi, Uttar Pradesh and the University of Petroleum and Energy Studies, Dehradun, Uttarakhand, India.
- 22) Bhandari, R. B. (2020, 21st June). *Yogic prescription for coping with COVID-19*. Invited online presentation in the webinar on World Yoga Day (Boosting Immunity Through Yoga to Fight COVID-19), which Dayalbagh Educational Institute, Agra, India, organized.
- 23) Bhandari, R. B. (2020, 1st June). *Breath Regulations to Combat COVID-19*. Invited Online Presentation organized by Post Graduate Institute of Medical Education and Research, Chandigarh, India.
- 24) Bhandari, R. B. (2019, 3-4 February 2020). *Updated mind-body medicine course contents for medical undergraduates*. Invited presentation during a two-day Workshop on “Mind-body Medicine” organized by the Department of AYUSH, AIIMS, Rishikesh, India.
- 25) Bhandari, R. B. (2019, June 15). *Scientific background of yoga and its implications*. I invited a presentation during a workshop on scienc of yoga organized by Aligarh Muslim University, Aligarh, Uttar Pradesh, India.
- 26) Bhandari, R. B. (2019, March 30). *Workplace wellness and excellence through yoga*. Invited presentation during the International Conference on Yoga for Health and Therapy organized by Patanjali Research Foundation from 29th - 31st March 2019 in Patanjali Yogpeeth, Haridwar, Uttarakhand, India.
- 27) Bhandari, R. B. (2019, February 18). *Basics on yoga & its health benefits*. Guest lecture for medical undergraduates organized by Department of AYUSH, AIIMS Rishikesh, Uttarakhand, India.
- 28) Bhandari, R. B. (2018, December 9). *Workplace wellness and excellence through yoga*. Invited presentation during Yoga Utsav 2018 organized by Yoga Guru Institute- A wing of Holistic Healthcare Foundation at Maharana Pratap Auditorium, Neelgiri School, Sector 50, Noida, India.

- 29) Bhandari, R. B. (2018, December 9). *Corporate Yoga*. Invited presentation during National Conference On “Modeling, Optimization, and Computing for Engineering Problems: Use of Technical Hindi Terminology” organized by the Department of Mathematics, IIT Roorkee from 12th-14th October 2018 and sponsored and fully funded by Commission for Scientific and Technical Terminology (CSTT), MHRD, Govt. of India.
- 30) Bhandari, R. B. & Acharya, B. (2018, 20th June). *Research Update on Yoga Therapy*. Invited speaker of Symposium on Evidenced Role of Yoga for Managing Non-Communicable Diseases organized by All India Institute of Medical Sciences Rishikesh, Uttarakhand, India.
- 31) Bhandari, R. B. (2017, November 2). *Yoga for Corporate Wellness*. Invited speech in International Conference on Yoga Tradition and Application & International Continuous Yoga Education (ICYE) Inauguration organized by Universal Yoga Consciousness at ICCR Azad Bhawan Auditorium, ITO, New Delhi.
- 32) Delivered guest lecture on Research Updated on Yoga Therapy for PG and PGD Yoga students as invited by the School of Health Sciences at Uttarakhand Open University on 25th November 2017.
- 33) Contributed as a Lead Yoga Trainer to facilitate the yoga program dated 21st June 2017 in Bengal Engineers Group and Headquarters, Roorkee, among more than 5000 army personnel.
- 34) Contributed as a resource person to the Yoga Training for Senior Secondary and Secondary Teachers of Delhi organized by Patanjali Yogpeeth from 21-30 September 2016.
- 35) Contributed as an invited speaker of the Short Term Course (7th - 20th July 2016) on “Health & Wellbeing: The Theory and Practice of Yoga” organized by Doon University, Uttarakhand and the British Council under “Generation UK- India Study Placement Programme 2016-17”.
- 36) Key Resource Person in Yoga Training for Primary Master Yoga Trainers organized by Department of Education, Government of Goa, India, scheduled from 13-17 July 2016.
- 37) Bhandari, R. B. & Acharya, B. (2015, January 1st). Yoga for empowering public health. Invited speaker of Second International Symposium on “Healthy Society and Healthy World” organized by Institute for Poverty Alleviation and International Development (IPAID), Yonsei University, Korea and Shree Khotena Bhurakhani Community Forest User’s Group (A) and Tikapur Small Town Drinking Water User’s Group and Sanitation Committee in Hotel Himalaya, Kupondol, Lalitpur, Nepal.
- 38) Bhandari, R. B. & Acharya, B. (2014, November 1st). Empowering public health through yoga. Invited speaker of 2014 Sunchang International Symposium on Functional Water: 7th Annual meeting of the Korean Water Society organized by the Korean Water Society, Sunchang, South Korea.
- 39) Bhandari, R. B. & Acharya, B. (2014, February, 22nd - 26th). Empowering public health through yoga. Invited speaker of 1st International Symposium on “Healthy Society and Healthy World” jointly organized by Tikapur Multiple Campus, Kailali, Nepal, and Yonsei University (IPAID), South Korea from 2014 at Tikapur, Kailali, Nepal.
- 40) International Coordinator cum Resource Person for Level 3 Yoga Teacher Training program organized for foreign delegates from 25 March to 1st April 2015 in Patanjali Yogpeeth, Haridwar.

- 41) Bhandari, R. B. & Acharya, B. (2013, March 18-20). Corporate wellness and excellence through yoga. International Conference on Technology and Business Management organized by American University in the Emirates and AIMS International at AUE, Dubai.
- 42) Conducted 45-day yoga training for Patanjali Food and Herbal Park and Patanjali Ayurved Limited corporate executives from 5th November-December 22, 2011, to boost individual/organizational wellness and excellence.
- 43) Served as a resource person in 5-day refresher training programs dated 28th February- 4th March, 8th– 12th March, 14th – 18th March, 20th -24th March, and 26th – 30th March 2015 respectively, organized by Patanjali Yogpeeth, Haridwar, for Ayurvedic physicians working under Government of Haryana.
- 44) Served/served as a resource person of one-month job orientation programs for Ayurvedic Physicians dated 1-17 March, 17- 31 March, 10-24 April, 25 April- 10 May, 1- 15 June, 10 November- 9 December 2014; 8-15 January, 24 February- 10 March and 11-25 March 2015 respectively that being organized by Patanjali Yogpeeth, Haridwar, for placement of Ayurved physicians in its franchises and after-hand.
- 45) Imparted 14-day yoga training to instill mind-body techniques among United States Army Personnel (2D Squadron, 14th Cavalry Regiment, STRYKEHORSE) for their work excellence from 5th-18th March 2012 during Yudh Abhyas, 2012 Exercise.
- 46) Facilitated several yoga trainings and workshops in renowned corporate companies like BHEL, NMDC, Hero Honda, and Kribhico Fertilizers; security sectors, educational institutions, high government officials, and international delegates from USA, UK, Canada, Brazil, Argentina, South Korea, Singapore, Poland, Iran, Japan, Russia etc. regarding spiritual and yogic prescriptions for holistic health care and human excellence.
- 47) Conducted over 50 Yoga and Alternative Therapy Camps and 125 Yoga Presentations for Holistic Health and Human Excellence among diverse masses.
- 48) Contributed to a Brainstorming Session organized by the Faculty of Management Studies (FMS), IIT Roorkee, on 12th May 2010.
- 49) Contributed to a one-day workshop on Rural Marketing organized by Team UMANG in FMS, IIT Roorkee on 3rd October 2010.
- 50) Facilitated one-day Training cum workshop organized by Haridwar Management Association on “Health, Happiness and Harmony at Work Place through Yoga” among senior corporate executives at BHEL, Haridwar, on 29th July 2010.

2.1.3 Curriculum, Course Contents, and Yoga Protocol Design and Validation

1. Worked as an Academic Editor of an elective Yoga Courses designed for engineering students in the Department of Humanities and Social Sciences, National Institute of Technology, Raipur, Chhattisgarh, on 28th September 2024.
2. Edited the curricula and course contents of Certificate, UG, PGD, PG, and PhD Yoga (Course Work) Programs at UoP in 2017-2020.
3. Designed syllabi on subjects “Yoga and Health” and “Wellness through Yoga” for Engineering Students as invited by the Department of Humanities and Social Sciences,

National Institute of Technology, Raipur, in June 2022.

4. Contributed as a lead expert to workout curricula and course contents on the yoga therapy portion of the AYUSH Course for medical undergraduates at All India Institute of Medical Sciences Rishikesh, Uttarakhand, in 2018.
5. Revised and updated course contents of MSc Yoga and PGD Yoga and Ayurveda.
6. Designed and revised MSc Yoga in Choice Based Credit System curriculum in Academic Session 2019-20 at the University of Patanjali.
7. Designed and validated the Yoga Protocol for Gestational Diabetes as requested by Dr. Sarama Saha, Associate Professor, Department of Biochemistry, AIIMS Rishikesh, dated 22nd March 2022.
8. Yoga Protocol for Acid Peptic Diseases (CTRI.: CTRI/2018/12/016506).
9. Yoga Protocol for Optimizing Affective, Cognitive and Conative Performance of Corporate Staff (CTRI.: CTRI/2018/12/016507).
10. Yoga Protocol for Polycystic Ovary Syndrome (CTRI.: CTRI/2020/04/024602).
11. Yoga Protocol for Hypothyroidism (CTRI.: CTRI/2021/08/046619).
12. Yoga Protocol for Autonomic Diabetic Neuropathy (CTRI.: CTRI/2021/12/039068).
13. Yoga Protocol for Covid-19 Induced Psychological Comorbidities (CTRI.: CTRI/2021/05/033793).

2.1.2. Examiner's Role

1. External Examiner of Yoga Practical and Dissertation Viva Voce of MSc Yoga dated 16th November 2024, 3rd Semester in Sri Guru Ram Rai University, Dehradun, Uttarakhand.
2. External Examiner of Pranik Healing (YATCP-308) dated 11th November 2024, for MSc/MA Yoga 3rd Semester in Dev Sanskriti Vishwavidyalaya, Dehradun, Uttarakhand.
3. External Examiner of Practical Statistics (BSY-505) dated 10th November 2024, for BSC Yoga 5th Semester in Dev Sanskriti Vishwavidyalaya, Dehradun, Uttarakhand.
4. External Examiner of PG dissertations viva voce in Department of Yoga, Babasaheb Bhimrao Ambedkar University, Lucknow on 13th May 2024.
5. External Examiner of PhD Thesis titled "Effect of Yoga and Meditation on Employees Quality of Life in Delhi NCR" submitted by Ms Sheelu Sagar in AMITY International Business School, AMITY University, Noida, Uttar Pradesh on 17th October 2023.
6. Conducted semester-end yoga practical exams for MSc (Yoga Therapy), MA, and MSc (Yoga and Human Consciousness) 1st Semester on 3rd December 2022 at DSVV, Hardwar as an External Examiner.
7. Set 100 multiple choice questions for the Teachers Eligibility Test of University of Yoga Teachers (Subject Code: T 122) in Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra on 14 July 2022.

8. Conducted Semester End Practical Exams at DSVV (MA/MSc Human Consciousness & Yoga Science and MSc Applied Yoga and Health) from 9-10 May 2022.
9. Set four (04) Semester End Exam Papers of PGD and PG levels at the University of Patanjali for the academic session (2022-23) as under: MS-EL303, MY-CT-104, MS-CT103 and PGDYA-CT-103.
10. Set eleven (11) Semester End Exam Papers of UG, PGD, and PG levels at the University of Patanjali (2021-22) as under: March 2021 (05): BS-CT-103, BS-DSE-505, MA-104, MA-303, PGDYA-CT-103; August 2021 (02): BS-CT-403, BS-GE-405; January 2022 (02): MA-104, PGDYA-CT-103 and June 2022 (02): BS-CT-403, BS-CT-401.
- 1) External examiner of yoga—practical and teaching methods, 10-11 January 2020, for PGD Yoga students organized by the Department of Yogic Arts and Science, Visva-Bharati, Santiniketan, West Bengal.
- 2) External examiner of yoga practical and yoga teaching methods dated 5th and 13th December 2020 for PG Yoga students organized by the Department of Yoga and Human Consciousness, GKV, Haridwar, Uttarakhand.
- 3) External Examiner of Semester End Exams of UG and PG Yoga Practical and Theory Papers as invited by various Indian Universities— Visva-Bharati University Shanti Niketan, Dev Sanskriti Vishwavidyalaya Haridwar, Uttarakhand Open University Haldwani, Uttarakhand Sanskrit University Haridwar, Maharshi Dayanand University Rohtak, and Gurukula Kangri Vishwavidyalaya Haridwar.
- 4) Acted as an examiner of examinations dated 27-28 August 2016 and 19 and 26 April 2017 conducted by QCI India for Level and Level 2 Yoga Examinees.
- 5) Played role as external examiner of Semester End Exams of the University of Patanjali and other Universities for setting papers and checking answer sheets on Human Biology, Research and Statistical Methods, CAM, and Yoga/Yoga Therapy continuously.
- 6) Played the role of an external examiner of Alternative Therapy Practical in the 2nd Semester of PGD Yoga students of DSVV in April 2016.

2.2. Administrative

- 1) Contributing as the Course Coordinator of UG, PGD, PG, and PhD Programs under Department of Yoga Science of the University of Patanjali since academic session 2016-2017.
- 2) Working as a Member Secretary of the Institutional Ethics Committee of the University of Patanjali constituted under ICMR Guidelines from 15th June 2018 till the date.
- 3) Serving as University Nodal Officer at UOP to accomplish the online and offline communications (to collect, compile, and upload the data) regarding AISHE under MHRD, Govt. of India and allied institutions since Sept 2011 till the date.
- 4) Acted as Boys' Hostel Warden of UOP and PAC from 31 October 2015 to 10 October 2017. Served as the Research Coordinator in Knowledge Workers' Network under Divya Yog Mandir Trust, headquartered at Patanjali Yogpeeth from July 2009 to August 2011.
- 5) Held the charge of Controller of Examinations during Semester End Exams of 2016 at UOP.

- 6) Coordinator of the interactive session among Officers/Teaching staff of the University of Patanjali and delegates (Officers/Teaching staff) of AIIMS Rishikesh at Patanjali Research Institute, Haridwar on 21st February 2018.
- 7) Contributed as Convener in developing and editing the latest contents of the UOP website and UOP Prospectuses for academic sessions 2016-17 and 2017-18.
- 8) Contributed as Program Coordinator of Workshops on Pranik Therapeutics and Acupressure Therapeutics dated 20-21 May 2017 and 25-31 May 2017 respectively. Coordinated the development, revising, and updating of the contents of the UoP website (www.uop.edu.in) since 2015.
- 9) Coordinated as Program Coordinator of a workshop entitled “Research for the Search of Excellence” at Patanjali Yogpeeth, Haridwar, on 24th October 2009.
- 10) Co-coordinator cum participant in the Three-Week Training Workshop on Research Design organized by DSVV on 12-27 April 2009.
- 11) Coordinator cum participant of Workshop on “Communication Skills in English Medium” organised by DSVV from 18-22 May 2009.
- 12) Coordinated Yoga Program on behalf of DSVV, Shantikunj, and Haridwar in Concluding Session of International Yoga Festival dated 1-7 March 2008 held in Pramarth Niketan, Rishikesh, India.

2.3. Research

2.3.1. Publications

1. Bhandari, R. B., Mahto, P. K. (2024). Effect of Yoga Therapy on Hypothyroidism: A Systematic Review. *Annals of Neurosciences*, 0(0). doi:[10.1177/09727531241282516](https://doi.org/10.1177/09727531241282516)
2. Arumugam, V., Vijayakumar, V., Balakrishnan, A., B Bhandari, R., Boopalan, D., Ponnuram, R., Sankaralingam Thirupathy, V., & Kuppusamy, M. (2024). Effects of Ashwagandha (*Withania Somnifera*) on stress and anxiety: A systematic review and meta-analysis. *Explore (New York, N.Y.)*, 20(6), 103062. Advance online publication. <https://doi.org/10.1016/j.explore.2024.103062>
3. Kumar, R., Dhamija, P., Vardhan, G., Kant, R., Singh, Y., Yadav, R. K., Rudra, B., & Pathania, M. (2024). Evaluating Yoga-Based Intervention Versus the American Diabetes Association Exercise Regimen in Conjunction With Standard Care for Autonomic Neuropathy in Diabetes Mellitus: An Exploratory Clinical Trial. *Cureus*, 16(5), e61329. <https://doi.org/10.7759/cureus.61329>
4. Bhandari, R.B., Sangodkar, N.P., & Balkrishna, A. (2024). Psychosocial Implications of Yoga for Healthcare Workers During Covid-19. In: Anand, A. (eds) *Neuroscience of Yoga*. Springer, Singapore. https://doi.org/10.1007/978-981-97-2851-0_7
5. Wankhar, D., Prabu Kumar, A., Vijayakumar, V., A, V., Balakrishnan, A., Ravi, P., Bhandari, R., & K, M. (2024). Effect of Meditation, Mindfulness-Based Stress Reduction, and Relaxation Techniques as Mind-Body Medicine Practices to Reduce Blood Pressure in Cardiac Patients: A Systematic Review and Meta-Analysis. *Cureus*, 10(4), e58434. <https://doi.org/10.7759/cureus.58434>
6. Bhandari, R. B., Balkrishna, A., Maheshkumar, K., & Arumugam, V. A. (2023). Traditional

- Formulations for Managing COVID-19: A Systematic Review. *Journal of Integrative and Complementary Medicine*, 30(5), 420–430. <https://doi.org/10.1089/jicm.2023.0177>
7. Chaudhry, N., Bhandari, R. B. & Gaur, V. (2023). Yoga perspective on personal excellence and well-being. *Journal of Ayurveda and Integrative Medicine*, 14(3), 100717. <https://doi.org/10.1016/j.jaim.2023.100717>
 8. Bhandari, R. B. & Chaihal, R. (2023). Prevalence of Internet Addiction among Students at an Indian Higher Educational Institution and Some Proposed Yogic Prescriptions for its Mitigation. *Integrative Medicine Case Reports*, 4, (1), 3-8. <https://doi.org/10.38205/imcr.040103>
 9. Bhandari, R. (2022). Online Yoga and Ayurveda Intervention as Tertiary Prevention of Psychological Comorbidities in COVID-19 Survivors: A Randomized Controlled Trial. *Annals of Neurosciences*, 29 (4) 233-244. <https://doi.org/10.1177/09727531221117623>
 10. Bhandari, R. B., Chaudhry, N., & Devi, S. (2023). Relationship Between Spirituality and Distress in Ascetics. *Psychological reports*, 126(1), 169–180. <https://doi.org/10.1177/00332941211043454>
 11. Sangodkar, N. P., Bhandari, R. B & Mahto, P. K. (2022). Leadership Concepts in Yogic Texts. *Vadika Vaagjyotih*, 10 (19), 108-124.
 12. Bhandari, R. B., & Chaudhry, N. (2021). *Basics of Acupressure Therapeutics*. In A. K. Bhardwaj (Ed.), *Mind-Body Practices* (pp. 208–233). Crossbill Publishing Co.
 13. Bhandari, R. B. (2019). Basic concepts of yoga and nature cure. In Handu, S. & Saxena, V. (Ed.). *Fundamentals of AYUSH: An Introductory Course on AYUSH for Health Professionals* (ISBN:9789353822156). Rishikesh, India: AIIMS Rishikesh.
 14. Bhandari, R. B. (2019). Yogic and natural diagnostic techniques. In Handu, S. & Saxena, V. (Ed.). *Fundamentals of AYUSH: An Introductory Course on AYUSH for Health Professionals* (ISBN:9789353822156). Rishikesh, India: AIIMS Rishikesh.
 15. Dayma, R. & Bhandari, R. B. (2018). Review on effect of yoga and lifestyle moderation on gastrointestinal diseases. *Journal of Harmonized Research in Applied Science*, 6(3), 200-204. <https://www.johronline.com/issue/20180706-171217.289.pdf> .
 16. Bhandari, R. B. (2017). Yogic intervention for coping with distress. *Journal of Clinical and Diagnostic Research*, 11(12): OC44-OC49. DOI: 10.7860/JCDR/2017/29332.10944. Accessible at [http://www.jcdr.net/articles/PDF/10944/29332_CE\[RA1\]_F\[AP\]_PF1\(PB_SS\)_PFA\(MJ_AP\)_PF2\(PB_SS\)_PFA2\(MJ_GG\).pdf](http://www.jcdr.net/articles/PDF/10944/29332_CE[RA1]_F[AP]_PF1(PB_SS)_PFA(MJ_AP)_PF2(PB_SS)_PFA2(MJ_GG).pdf). (Indexing: SCOPUS)
 17. Acharya, B., Gowda, G. P., Bhattarai, R., Bhandari, R. B., Singh, K., & Verma, A. (2017). Yoga Practices for different Blood types based on Occidental – Oriental Food habits. *International Journal of Health*, 5 (2), 129-133. DOI: 10.14419/ijh.v5i2.833. Accessible at <https://www.sciencepubco.com/index.php/IJH> (Indexing: German National Serials Database)
 18. Bhandari, R. B., Bhandari, C. B., Acharya, B., Pandya, P., Singh, K., Katiyar, V. K. & Sharma, G. D. (2011). Implications of corporate yoga: A Review. In G. Naik (Ed.), *Applied Biological Engineering: Principle and Practice*, Rijeka, Croatia: INTECH. Accessible at <https://www.intechopen.com/books/applied-biological-engineering-principles-and-practice> (Indexing: Web Of Science: Book Citation Index)

19. Bhandari, R. B., Acharya, B. & Sharma, G. D. (2011). Yogic prescriptions for corporate wellness and excellence-II. *Sociology Study*, 1(3), 230-240. ISSN: 2159-5526 (Online). DOI: 10.17265/2159-5526/2011.08.007. Accessible at <http://www.davidpublisher.org/Public/uploads/Contribute/5514f97bae8b1.pdf> (Indexing: EBSCO, Massachusetts).
20. Singh, V. K., Bhandari, R. B. & Rana, B. B. (2011). Effect of Yogic package on rheumatoid arthritis. *Indian Journal of physiology and pharmacology*, 55(4): 329-335. Accessible at <https://www.ncbi.nlm.nih.gov/pubmed/23362725> (Indexing: PubMed)
21. Bhandari, R. B., Acharya, B. & Katiyar, V. K. (2010). Corporate Yoga and Its Implications. In: Lim C.T., Goh J.C.H. (Eds.). 6th World Congress of Biomechanics (WCB 2010). August 1-6, 2010 Singapore. IFMBE Proceedings, Vol 31. Springer, Berlin, Heidelberg. DOI: https://doi.org/10.1007/978-3-642-14515-5_75 (ISBN: 978-3-642-14514-8). Accessible at https://link.springer.com/chapter/10.1007/978-3-642-14515-5_75
22. Bhandari, R. B., & Kohli, G. (2009, April). Logical memory enhancement through Kapalabhati and Sureyabhedhi Pranayama. *Yoga-mīmāṃsā*, 2 (41),: 258-263. <http://www.ymkdham.in/> (Indexing: EBSCO Publishing's Electronic Databases)
23. Bhandari, R. B. (2011). Yogic prescription for organisation wellness and excellence-I In Singh-sengupta, S. (Ed.), Compendium on Integrating Spirituality and Organizational Leadership, Vol. 3, pp. 709-716. Accessible at <http://isol.asia/publications/>
24. Bhandari, R. B. (2010). Spirituality and Entrepreneurship: A Case Study of Patanjali Yogpeeth. In Singh-sengupta, S. (Ed.). Compendium on Integrating Spirituality and Organizational Leadership, Vol 2, 301-316. Accessible at <http://isol.asia/publications/>

2.3.2 Editorship

Academic Editor of *Human Behavior and Emerging Technologies*, titled by Wiley and hosted and published by Hindawi since April 2024. **Impact Factor: 4.3 & Cite Score: 17.2**

2.3.3 Reviewer's Role in Scholarly Journals/Books

- 1) Reviewer of Manuscript JAIM-D-24-00681 entitled "Effect of Kunjal kriya and Yogic Breathing Practices in Assessing Lung Capacity in Healthy Volunteers - Randomised Controlled Trial". **Journal of Ayurveda and Integrative Medicine**. IF: 1.7 & CS: 4 & IF: 1.7
- 2) Reviewer of Manuscript JAIM-D-24-00352 entitled "Is Kapalabhati technique "a Kriya" or "a Pranayama? – A Hatha yoga concept". **Journal of Ayurveda and Integrative Medicine**. IF: 1.7 & CS: 4 & IF: 1.7
- 3) Reviewer of Manuscript ASJP-D-24-00670, entitled "Doing good well (Karma Yoga, the path of selfless action): Psychotherapeutic lessons from the East." *Asian Journal of Psychiatry*. **Cite Score: 10.9, IF: 9.5**
- 4) Reviewer of Manuscript bmjopen-2024-085525, entitled "Effects of yoga on health-related quality of life in adults with post COVID-19 condition: study protocol for a randomized controlled trial." *BMJ Open*. **Cite Score: 4.4**
- 5) Reviewer of Manuscript JAIM-D-23-00811, entitled "Effect of Gayatri Mantra Practices on Health: A Systematic Review with Narrative Synthesis" *Journal of Ayurveda and Integrative Medicine*. **Cite Score: 4**

- 6) Reviewer of Manuscript JAIM-D-22-00688R1, entitled “Role of Yoga in Hypothyroidism: A Systematic Review” *Journal of Ayurveda and Integrative Medicine*. **Cite Score: 4**
- 7) Reviewed Manuscript ID PRX-23-1257 entitled “Investigating Selective Self-Stereotyping Among African Americans” for *Psychological Reports*. **Impact Factor: 2.3**
- 8) Reviewer of Manuscript JOHS-D-23-00777, entitled “The Multiple Advantages of Gratitude: Bidirectional Relationship between Negative Automatic Thoughts, gratitude and Subjective Happiness in Chinese Children” for *Journal of Happiness Studies*. **Impact Factor: 4.7**
- 9) Reviewed Manuscript Number: EJTCM-D-23-01179 titled “Lotus seed (*Nelumbo nucifera*) extract ameliorates reproductive dysfunction in L-NAME-induced hypertension and oxidative stress male rats” for *Journal of Traditional and Complementary Medicine*. **Impact Factor: 4.5 and Cite Score: 8.5.**
- 10) Reviewed Manuscript ID: EJTCM-D-23-00818 titled “A network pharmacology approach to explore active compounds and pharmacological mechanisms of a patented Chinese herbal medicine in alleviating anxiety disorder in in vitro fertilization-embryo transfer” for *Journal of Traditional and Complementary Medicine*. **Impact Factor: 4.5 and Cite Score: 8.5.**
- 11) Reviewed Manuscript ID: JAIM-D-22-00834R2 titled “Clinical benefits of Yoga in RCTs published in 2021: A Mapping Review” for *Journal of Ayurveda and Integrative Medicine*. **Cite Score: 4**
- 12) Reviewed Manuscript ID: APSHW-Mar-2023-0167 entitled “The effects of online Yoga among University students during Covid-19: A randomized controlled trial” for *Applied Psychology: Health and Well-Being*. **Impact Factor: 7.521.**
- 13) Reviewer of Manuscript JOHS-D-21-00599R1, entitled “Forgive, Let Go and Stay Well! Mediating role of Self-consciousness in the Relationship between Forgiveness and Physical and Mental Health” for *Journal of Happiness Studies*. **Impact Factor: 4.7**
- 14) Reviewed Manuscript ID: 1074300 entitled “Yoga: as a tool to manage Occupational Stress in Regimented Forces” for *Frontiers in Human Neuroscience*. **Impact Factor: 3.5**
- 15) Reviewer of Manuscript: ID JHP-21-0926, entitled “Role of Cultural Resources in Mental Health: An Existential Perspective” for the *Journal of Health Psychology*. **Impact Factor: 3.7**
- 16) Reviewer of Manuscript: ID JHP-21-0314 entitled “Mediators and moderators of physical activity changes in a school-based intervention targeting childhood obesity” for the *Journal of Health Psychology*. **Impact Factor: 3.7**
- 17) Reviewer of Manuscript PRX-22-0459 entitled “The impact of COVID-19 on mental health in medical students: a cross-sectional survey study in Italy” for *Psychological Reports*. **Impact Factor: 2.3**
- 18) Reviewed Manuscript ID: 1305 entitled “Role of Yoga in Adolescent Mental Health: A Narrative Review” for *Advances Mind-Body Medicine*. (PubMed Indexed)
- 19) Reviewed “Yoga Practice Facilitates Prefrontal Oxygenation and Working Memory in Type 2 Diabetes Mellitus Patients: A Pilot Study” for *Advances Mind-Body Medicine*. (PubMed Indexed.)
- 20) Reviewer of Manuscript entitled “Changes in Heart Rate Variability and Executive Functions

following Yoga Practice in type-2 Diabetes Patients” for *Advances in Mind-Body Medicine*. (PubMed Indexed)

- 21) Reviewed a book chapter entitled “Impact of Yogic and Buddhist Traditions on Neuroscience of Education” in the book *Neuroscience of Yoga* edited by Akshay Anand and to be published by Springer Nature.
- 22) Reviewer of Manuscript: ym_15_22 entitled “A cross-sectional study on impulsiveness, mindfulness, and WHO quality of life in heartfulness mediators” for *Yoga Mimamsa*.
- 23) Reviewed the article “Brief Mindfulness Findings and Cancer Related Pain” (Man No: JAMR-16-SC-105) on 30th June 2016 and submitted to *Journal of Alternative Medical Research*, Elyns Group, 648 Cheryl Dr Iselin NJ 08830, USA.
- 24) Reviewed the article titled “Effect of Antenatal Yoga on Lab our Outcomes- Study from a Tertiary Hospital in South India” (ManNo:090920198232) on 13th September 2019 that was submitted in the *International Journal of Gynecology and Obstetrics Research* of Premier Publishers, USA.
- 25) Reviewer of The Book Chapter: Singh, V. K. (2019). *Treatment Modalities in Yoga*. In Handu, S. & Saxena, V. (Ed.). *Fundamentals of AYUSH: An Introduction for Health Professionals* (ISBN:9789353822156). Rishikesh, India: AIIMS Rishikesh.

2.3.4 Master’s Dissertations Guided

- 1) Purva (2024). Effect of yoga on premenstrual syndrome: A systematic review. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 2) Tanwangi (2024). Yogic Perspective of Human Consciousness. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 3) Pandey, Rashmi (2024). Diet as a moderator between lifestyle and wellness. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 4) Bashata, Sakshi (2024). Effect of yoga on gastrointestinal diabetes mellitus: a systematic review. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 5) Lodhi, Vaishnavi (2024). Association Between Prakriti and Personality. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 6) Dabas, Dheeraj (2023). Effect of Yoga on irritable bowel syndrome: A systematic review. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 7) Shaha, Arptia (2023). Effect of yogic practices on obesity: A review. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 8) Saini, Rashmi (2023). Effect of yogic package on childhood obesity: A Review. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 9) Misra, Ramesh (2023). Effectiveness of yoga on prenatal depression: A systematic review. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 10) Negi, Anjali (2023). A Comparative Study of Female Sexual Functions Among Women with Yoga and Non-Yoga Lifestyle. Master’s Dissertation submitted to Department of Yoga Science, UoP, Haridwar.

- 11) Sodha, Kreena (2023). Effectiveness of yoga on premenstrual syndrome: A systematic review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 12) Chauhan, Parul (2023). Effect of Saraswati Gayatri Mantra chanting on test anxiety and memory levels of school students. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 13) Shekhawat, Neha (2022). Effect of Yoga on Premature Ejaculation and Erectile Dysfunction. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 14) Balial, Ananya (2022). High-Frequency Yoga Breathing Effect on Cognitive and Motor Skills in 08 – 15 years School Children. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 15) Gayary, Jeshmin (2022). Yoga for Improving Quality of Life in COVID-19 Survivors. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 16) Mishra, Vedansh (2022). Effect of Alternative breathing and Nada Yoga on alpha EEG. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 17) Bhatia, Ashu (2022). Efficacy of complementary and alternative therapy in the management of Irritable Bowel Syndrome. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 18) Sharma, Kritika (2022). Yoga for post-anxiety. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 19) Yadav, Akshita (2022). Effect of complementary and alternative therapy on premenstrual syndrome: A Systematic Review". Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 20) Rawat, Rashmi (2022). Yoga for post covid post-traumatic stress disorder(PTSD). Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 21) Quaraly, Pamila (2022). Management of Premenstrual Syndrome by Complementary and Alternative Medicine. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 22) Pareek, Isha (2022). Assembly yoga is protocol for the psychological wellbeing of secondary school children. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 23) Chauhan, Ekta (2022). Operationalisation of Yoga Antaraya. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 24) Sexana, Pranjal (2021). Effects of Yoga for the Treatment of Premature Ejaculation and Erectile Dysfunction: A systematic review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 25) Thapa, Apeksha (2021). Yoga for Managing Distress: A Systematic Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 26) Chaudhary, Himanshi (2021). Yoga for Managing Poly-Cystic Ovary Syndrome. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.

- 27) Aayushi (2021). Yoga for Improving COVID–19 Induced Mental Health Issues: A Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 28) Tyagi, Siddharth (2021). Yoga for improving Depression: A Systematic Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 29) Pandey, Ayush (2021). Yoga for Improving Irritable Bowel Syndrome: A Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 30) Kasera, Sakshi (2021). Yoga for Improving Cervical Cancer: A Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 31) Kumari, Anuj. (2020). Yogic loosening postures for improving body mass composition and quality of life in college students: A systematic review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 32) Kumar, Abhimanyu. (2020). Biopsychosocial effects of Mool Bandha: A Systematic Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 33) Patel, Deepak. (2020). Yoga for obesity-induced hypertension: A Systematic Review. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 34) Chhantyal, Anupa. (2019). *Effect of yoga on hypothyroidism: A Systematic Review*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 35) Kumar, Deepak. (2019). *Effect of Assembly Yoga Protocol on Insomnia in secondary school female students*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 36) Thakur, Ishani. (2019). *Effect of yoga on upper digestive tract: A Systematic Review*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 37) Pathak, Neha. (2019). *A comparative study on wellness profile between yoga and non-yoga practicing college girls*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 38) Sharma, Nandini. (2019). *Effect of Assembly Yoga Protocol on Internet Addiction in secondary school female students*. Master's Dissertation submitted to Department of Yoga Science, University of Patanjali, Haridwar.
- 39) Chaudhry, Nidhi. (2019). *Effect of Assembly Yoga Protocol on Attention in Secondary School Female Students*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 40) Sangodkar, Neha. (2019). *Conceptualising and Validating Yogic Leadership Style*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 41) Kaushik, Priyanshi. (2019). *A comparative study on Body Image Perception between yoga and non-yoga practicing college girls*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 42) Vaishnav, Anjali. (2018). *The efficacy of yogic intervention for improving hypothyroidism*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.

- 43) Negi, Shalini. (2018). *The efficacy of yogic intervention on insomnia disorder*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 44) Chaihal, Rahul. (2018). *Prevalence of internet addiction among university students and its yogic solution*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 45) Devi, Sarita. (2018). *Relationship between spiritual intelligence and health of hermits*. Master's Dissertation submitted to Department of Yoga Science, University of Patanjali, Haridwar.
- 46) Aditi. (2018). *Effect of yoga on the general well-being of college students*. Master's Dissertation submitted to Department of Yoga Science, UoP, Haridwar.
- 47) Chetry, Dipak. (2018). *Yoga for depression: A review*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 48) Upadhyay, Vikas. (2018). *Yogic remedy for irritable bowel syndrome*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 49) Agarwal, Shekhar Mohan. (2018). *Relation between major blood groups and three biological humours (vata, pitta, kapha)*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 50) Agarwal, Ragini. (2018). *Yogic intervention for managing migraine among college students*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 51) Dhariwal, Bhavana. (2018). *Yogic intervention for managing urethritis of college students*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 52) Singh, Jetudhi Amit. (2017). *Efficacy of selected yogic practices on overall health*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 53) Kaur, Hardeep (2017). *Effect of yoga on lifestyle and menopausal symptoms in women*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 54) Abhijeet, Shelar (2015). *Yoga therapy for depression*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 55) Kanthi, Amit Somnath. (2015). *Yoga therapy for breast cancer*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 56) Verma, Kanika. (2015). *Directive Meditation: An amalgamation of perspectives from Buddhism and Science*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 57) Bhatt, Deependra. (2014). *Yogic Leadership style*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 58) Rajput, Anita. (2014). *Complementary and alternative medicine for managing dysmenorrhea*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 59) Basu, Sudeep. (2012). *Yogic intervention for enhancing personal efficacy*. Master's dissertation. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 60) Chhabra, Priti. (2012). *Enhancing creativity through yogic capsule*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.

- 61) Hooda, Monika. (2012). *Empowering health through yoga life style program*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.
- 62) Kumari, Kamboj. (2012). *Yogic management of obesity*. Master's Dissertation submitted in Department of Yoga Science, UoP, Haridwar.

2.3.5 PhD Supervision/Co-supervision

- 1) Guide: Dayma, Rohini. *Efficacy of yogic gut aeration technique to inhibit H. Pylori Infection induced Acid Peptic Diseases: A Randomized Controlled Trial*. Department of Yoga Science, UOP (Batch 2017-22). Awarded
- 2) Guide: Sharma, Shakshi. *Efficacy of integral yogic intervention on affective, cognitive and behavioral outcomes of corporate staff: A Randomized Controlled Trial*. Department of Yoga Science, UOP (Batch 2017-22). Awarded
- 3) Guide: Sangodkar, Neha Pradeep. *Developing viable model, self-report measure and integral protocol for yogic leadership*. Department of Yoga Science, UOP (Batch 2019-24).
- 4). Guide: Mahato, Pintu Kumar. *Yogic management of hypothyroidism: A Randomized Controlled Trial*. UOP (Batch 2019-24).
- 5) Guide: Chaudhry, Nidhi. *Developing a viable yogic model, self-report measure, and protocol of personal excellence*. Department of Yoga Science, UoP (Batch 2019-24).
- 6) Co-Guide: Karuna. *Analytical Study of Ayurvedic Nighantu Texts*. Department of Sanskrit, UOP (Batch 2017-22). Awarded
- 7) Co-Guide: Arya, Swati. *Mudrit Ayurvedic Nighantau Me Prachalit Appath: Ek Samikshatmak Adhyan*. Department of Sanskrit, UOP (Batch 2017-22). Awarded
- 8) Co-guide: Verma, Anita. *Effectiveness of yoga therapy vs. standard medical treatment for the management of polycystic ovarian syndrome in 18-25 year females: A Parallel Design Non-Blinded Randomized Controlled Trail*. Department of AYUSH, AIIMS Rishikesh, India.
- 9) Co-guide: Surendra. *Scientific and applied model of Panchakoshi Yoga Sadhana*. Department of Yoga Science, UoP (Batch 2020-25).
- 10) Co-guide: Kumar, Ramesh. *Comparative assessment of Yoga based intervention versus American Diabetes Association exercise regime along with standard of care for Autonomic Neuropathy in diabetes mellitus: An Exploratory clinical trial*. Department of Pharmacology, AIIMS Rishikesh, India.
- 11) Co-guide: Vasisht, Neha. *Yogic Management of Polycystic Ovary Syndrome Induced Infertility: A Randomized Controlled Trial*. Department of Yoga Science, UoP (Batch 2020-25).
- 12) Guide: Kumar, Devender. *Yogic management of constipation dominant irritable bowel syndrome: A randomized controlled trial*. Department of Yoga Science, UoP (Batch 2023-28).
- 13) Guide: Yancy. *Yogic management of Premenstrual Syndrome: A randomized controlled trial*. Department of Yoga Science, UoP (Batch 2023-28).
- 14) Kushwaha, Prabhunarayan. *Yogic management of diarrhoea dominant irritable bowel syndrome: A randomized controlled trial*. Department of Yoga Science, UoP (Batch 2023-28).

- 15) Guiding PhD of Komal on *Integral Yoga Protocol for Managing Premenstrual Syndrome: A Randomized Controlled Trial*, Department of Yoga Science at University of Patanjali (Batch 2023-2028).
- 16) Guiding PhD of Arti Saini on *Yogic Gut Aeration for Managing Helicobacter Pylori Induced Functional Dyspepsia: A Randomized Controlled Trial*, Department of Yoga Science at University of Patanjali (Batch 2023-2028).
- 17) Guiding PhD of Rishika Payal on *Effect of Integral Yoga Protocol on Female Sexual Functions And Associated Psychological Indices: A Randomised Controlled Trial*, Department of Yoga Science at the University of Patanjali (Batch 2023-2028).
- 18) Guiding PhD of Sunu Khadka on *Onsite Yoga Protocol for Improving Mental Health, Worker Well-being and Productivity: A Randomised Controlled Trial*, Department of Yoga Science at the University of Patanjali (Batch 2023-2028).
- 19) Guiding PhD of Suraj Nishad on the *Effect of Integral Protocol on Lifestyle, Stress, Mindfulness and Emotional Regulation of Engineering Students* (Batch 2023-28).

2.3.6 Presentations

- 1) Bhandari, R. B., Acharya, B., Sharma, G. D. Gurung, M. & Gurung, A. (2013, January 7-10). Yoga as an emerging therapy for managing depression. Article presented in Second International Conference on Yoga for Health and Social Transformation organised by University of Patanjali.
- 2) Bhandari, R. B. & Jaiswal, U. (2013, January 7-10). Leadership lessons from Shrimad Bhagavad Gita.
- 3) Bhandari, R. B., Acharya, B., Sharma, G. D., Hudda, M., Malhotra, K. S. & Sumedha, U. (2013, January 7-10). Effect of Ramdev Yoga Lifestyle Training on Health. Article presented in Second International Conference on Yoga for Health and Social Transformation organised by University of Patanjali.
- 4) Bhandari, R. B., Acharya, B., Sharma, G. D., Rajput, A., Pal, S. & Rani, S. (2013, January 7-10). Yogic Leadership Style of Swami Ramdev for Social Transformation. Article presented in Second International Conference on Yoga for Health and Social Transformation organised by University of Patanjali.
- 5) Sharma, S. A., Bhandari, R. B. & Gowda, G. P. & Balkrishna, A. (2013, January 7-10). Yoga for Management of Stress. Article presented in Second International Conference on Yoga for Health and Social Transformation organised by University of Patanjali.
- 6) Bhandari, R. B., Acharya, B., Sharma, G. D., Khatri, S. & Bhatt, D. (2013, January 7-10). Ramdev yoga lifestyle program for diabetes. Article presented in Second International Conference on Yoga for Health and Social Transformation organised by University of Patanjali.
- 7) Bhandari, R. B. (2010, October 2-5). Health is the function of spirituality. Article presented in First International Conference on Yog for Health and Social Transformation organised by University of Patanjali.
- 8) Facilitated sessions on “Yogic way of life cum corporate management” in CSR Meet 2011 organized by Tehri Hydropower Development Corporation, April 23-24, 2011.

- 9) Presented paper entitled “Corporate wellness and excellence through spirituality” in National Seminar on Sports Biomechanics and Exercise Sciences jointly organised by Indian Society of Biomechanics, St. Stephen’s College and Miranda House, April 16-17, 2011.
- 10) Presented Paper entitled “Yog Gram: An Ideal Model in Health Tourism” in Two Days National Conference on Science and Technology Applications in the Tourism Sector focusing on Uttarakhand Opportunities, September 27-28, 2010.
- 11) Presented Yoga Research made at DSVV in International Yoga Festival (1-7 March 2009) at Parmarth Niketan, Rishikesh.
- 12) Attended National Yoga Week dated 25-29 February 2008 in Morarji Desai National Institute of Yoga, New Delhi.
- 13) Presented Research Paper entitled “Role of Environment on Stress Level of College Girls” in International Conference on Stress Management dated 20-22 Oct. 2008, in Lakshmibai National Institute of Physical Education, Gwalior.
- 14) Participated in Workshop on Knowledge Economy organised by IIT Roorkee, IIT Chennai and IMI Delhi on 19th November, 2010.
- 15) Bhandari, R. B. (2007). Effect of Surya Namaskar & Master Del Pe-Inner Renewal Meditation on Adjustment Level of High School Boys. Master’s Dissertation submitted to Department of Human Consciousness and Yoga Science, DSVV, Haridwar.
- 16) Master’s Project on “Effect of Bhastrika Pranayam on self --confidence of Post Graduate Students”
- 17) Master’s Project on “Sex Difference in Emotional Intelligence among Graduate Students”
- 18) Master’s Project Work on “An Integrated View of Khat Chakras (six psychic centres)”.

2.3.7 Research Projects Developed

1. Bhandari, R. B., Sharma, V., Mirza, A. A., Sharma, P. & Canchi, C. B. (5th December 2023). ***“Worksite Yoga Protocol for Optimising Health Behaviours, Health, and Work Performance”***. Project shortlisted by DST, MoST, Government of India. **Project No.: DST/SHRI CELL/2023/493**
2. Bhandari, R. B., Gupta, R., Mirza, A. A., & Sharma, V. K. (28th April 2023). ***“Yogic Gut Aeration for Managing Helicobacter Pylori Induced Dyspepsia: A Randomized Controlled Trial.”*** Project submitted to ICMR, MoH, Government of India. **Proposal Id: IIRP-2023-6673**
3. Bhandari, R. B., Sharma, V., Mirza, A. A., Sharma, P. & Canchi, C. B. (25th February 2023). ***“Corporate Yoga Protocol for Optimising Health Behaviours, Health and Work Performance”***. Project Submitted to Indian Knowledge Systems, AICTE, MoE, Government of India.
4. Bhandari, R. B., Sharma, V., Mirza, A. A., Sharma, P. & Canchi, C. B. (2022, 30th October 2022). ***“Integral Yoga Protocol for Optimizing Health Behaviours, Health and Work Performance”***. Project Submitted to Indian Knowledge Systems, AICTE, MoE, Government of India.
5. Bhandari, R. B. & Malshe, P. C. (2020, 31 May). *Online Yoga Intervention as Tertiary Prevention of Psychological Co-morbidities in Covid-19 Survivors*. Research Project (Ref. No.: DST/SATYAM/COVID-19/2020-439) funded by the Department of Science and Technology, Ministry of Science and Technology, Govt. of India. Under Scheme Science and Technology of Yoga and Meditation. (Completed)

6. Mirza, A. A., Saxena, V., Bhandari, R. B., Bhaduria, A. S., Gupta, S., Gupta, A., Sundriyal, D., Kalyani, V. & Goyal, B. (March, 2020). Efficacy of customized Yogasana–Pranayama–Dhyana (YPD) protocol in improvement of stress induced biomarkers and quality of life among cancer patients on palliative care: a randomized control trial. Project submitted to DST under scheme SATYAM on behalf of AIIMS Rishikesh.
7. Bhandari, R. B. & Sangodkar, N. P. (2020). Conceptualizing and validating yogic leadership style and enhancing its effectiveness through yoga. A research proposal submitted and presented for Grant-in aid under Scheme Impactful Policy Research in Social Science (P58030) of ICSSR, New Delhi. (Shortlisted for funding)
8. Bhandari, R. B. & Dayma, R. (2018). Efficacy of yogic gut aeration techniques to inhibit *Helicobacter Pylori* induced acid peptic diseases. Project submitted and presented for Grant-in aid under scheme SATYAM (Ref. No.: DST/SATYAM/2018/249) of DST, New Delhi.
9. Mirza, A. A., Bhandari, R. B & Kaushal, K. (July, 2019). A Comparative study to analyze bone remodelling biochemical markers to assess status of bone metabolism and osteoporosis risk in yogasanas and aerobics practitioners. Project submitted to AYUSH under Extral Mural Research Projects Scheme on behalf of AIIMS Rishikesh.
10. Designed the project titled “Empowering workplace wellness and work performance through yoga” that was submitted to DST (Ref. No.: SR/SATYAM/435/2015) under scheme SATYAM on 30.10.2015.
11. Designed the project “Organizational wellness and excellence through yoga “that submitted to Dept. of AYUSH (Reference No-4-2/2010-11/CCRYN/EMR/1949) under Ministry of Health and Family Welfare, Govt. of India in 2010.
12. Designed the proposal for B. Hanser Visionary Award 2016 at Kirpalu Institute for Extraordinary Living, USA.

3. Training/Workshop/Other Program Participations

1. Attended “First Khaptad International Spiritual Conference” organised by Government of Nepal from 6th to 8th June, 2023 and hosted by Khaptad Region Tourism Development and Management Committee, Nepal.
2. Attended “International Conference on Scientific Paradigms of Anti-Cancer Treatments Available in Ayurveda” sponsored by MoAYUSH, GoI and organised by Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan, Hardwar on 5th September 2022.
3. Attended Webinar on “How to Get Published- Mentorship” organised by SAGE Publishers on 30th August 2022.
4. Attended a Webinar on “InCites-Citation-based intelligence for research performance evaluation” organised by Clarivate Analytics on 26th August 2022.
5. Attended Webinar on “Everything you wanted to know about Data Science” organized by Clarivate Wiley on 24th August 2022.
6. Attended International Conference on “Modernization of Traditional Indian Medicine: Public Health & Industrial Perspectives” organized by Patanjali Research Institute and University of Patanjali from 1-4th August 2022.

7. Qualified in Good Clinical Practice (GCP) Training and Basic Course on Biomedical Research for Ethics Committee Members, Investigators, Clinical Research/ Trial Members organized by My Quality Team (MQT) on 31st July 2022.
8. Attended “Refresher Course on Vedic Science” organized by University of Patanjali, Haridwar from 19th June to 2nd July 2022.
9. Attended “Three Days Online Training Programme on Research Methodology and Ethics: Plagiarism Issues, Reference Management Tools and Altmetrics” organized by Information and Library Network (INFLIBNET), MoE, Govt. of India from 21 to 23 February 2022.
10. Attended “Vidyanjali (Higher Education) Volunteer Program” organized by AICTE, MoE, GoI on 1st February 2022.
11. Attended Webinar on ““Publishing Research Papers”” organized by Wiley 7th September 2021.
12. Attended Webinar on “Mastering the craft of Academic Writing” organized by Wiley 31st August 2021.
13. Attended Webinar on “Intricacies of citations and references” organized by Wiley 24th August 2021.
14. Attended Webinar “How to write a scientific abstract” organized by Wiley 18th August 2021.
15. Attended Regional Workshop on All India Survey on Higher Education (AISHE): 2017-18 organized by Department of Higher Education, MHRD, Government of India, at Punjab University on 8th June 2018 as University Nodal Officer.
16. Attended the National Workshop on Management of University Administration organized by All India Association of Universities (AIU) at Kannur University, Kerala from 3rd to 5th January 2018.
17. Attended most of the yoga trainings and camps conducted by Swami Ramdev from 2010 to 2022.
18. Attended Meditation sessions facilitated by Revered Dr. Pranav Pandya from 2005 to 2009.
19. Attended International Yoga Festival, 2008 and 2009 in Pramatha Niketan, Rishikesh.
20. Guru Master Choa Kok Sui Yoga Vidya Pranik Psychotherapy Course from All India Yoga Vidya Pranik Healing Foundations Trust (Oct 2005).
21. Basic and Advance Training on Chinese and Ayurveda Acupressure from Bhartiya Acupressure Sansthan, Lucknow (Sep- 2006) and Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Allahabad (May, 2016 and 2017).
22. A, B & C Certificates in NSS from National Service Scheme Cell, Government of Uttarakhand from 2005 to 2007.
23. One-month Yug Shilpi Training from Vedmata Gayatri Trust, Shantikunj, Hardwar, Uttarakhand, India, (2003).
24. Antha Urja Jagaran Training from Vedmata Gayatri Trust, Shantikunj, Hardwar, Uttarakhand, India, (2004).
25. 3-Month Internship after PG in Chhattisgarh, India, in 2008.

4. Convened/Coordinated Training/Workshop/Seminar/Webinar/Conferences/Symposium
1. Organized 3rd Institutional Ethics Committee (IEC), UoP meeting on 5th May, 2022.
2. Organized 2nd Institutional Ethics Committee (IEC), UoP meeting on April 28th, 2021.
3. Organized 2 hours Webinar on Systematic Review for PG students dated 13 December 2021.
4. Organized 2 hours Webinar on Research Paper Writing dated 24th Dec 2021.
5. Organized 2 two-hour Webinar on the Orientation of Yoga and Ayurveda Protocol for Covid-19 COVID-19-induced neuropsychiatric Problems on 12 November 2021.
6. Organized 1-month Online Yoga Intervention as part of DST/SATYAM/Covid-19/2020-439 from 1st February- 4th March 2022.
7. Coordinator of the Brainstorming Session on Sustainable Corporate Wellness and Excellence through Spirituality organized by PYP and IIT, Roorkee, on March 6, 2011.
8. Coordinator cum participant of the training on Yoga for Optimal Academic Performance that organized by the University of Patanjali from 15-20 December 2010.
9. Coordinator cum participant Workshop- Research for the search of Excellence at PYP, 2009.
10. Coordinator cum participant 10-Days Training on Research Methodology at PYP, 2009.
11. Coordinator cum participant 15-day Training cum Workshop in Research Design at DSVV, 2009.

5. Special Skills

1. Coordination, facilitation, and research.
2. Teaching and training yoga therapy, psychology, research, and statistical methods.
3. Computer: All Research related (SPSS, AMOS, JAMOVI, Turnitin, Urkund, Ouriginal, Mendeley, G*Power, Grammarly, Internet, Excel, MS Word).
4. Research insight on Yoga/Spirituality and its bio-psycho-socio-spiritual effects.
5. Expertise in Yoga Psychology, Cleansing Techniques, Gestures, Postures, Psychic locks, Concentrations and varieties of Mediations.
6. Psycho-spiritual counseling for bettering career, relationship, and emotional traumas.
7. Intuitive Guidance for corporate leaders and executives.

I hereby declare that the above information is true and correct to the best of my knowledge and belief.

Place: Patanjali Yogpeeth-1, Haridwar

-Sd-
Signature