

Anuradha Gupta



Personal Information

Name : Anuradha Gupta
Gender : Female
Marital Status : Unmarried
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Email Id- : anuradhaomji@gmail.com, anuradha.gupta@patanjali.res.in

I want to spread Yoga power and Art of living to all humanity so that everybody lives without stress and stays blessed with the amazing gift.

Areas of Interest/Specialization

Yoga Philosophy, Hath Yoga, Therapeutic Yoga.

Educational Qualifications

Examination	Year	Subjects	Collage/University	Percentage
Ph.D. (Yoga Science)	2020	Department of Yoga Science	University of Patanjali, Haridwar	Pursuing
M.A. (Yoga Science)	2019	Yoga Science	University of Patanjali, Haridwar	77.20%
Diploma in Sanskrit Language	2018	Sanskrit	Rashtriya Sanskrit Sansthan	Qualified
PG Diploma	2018	Hindustani Music	University of Patanjali, Haridwar	80.41%
3-months online Certification course	2021-22	Professional Training Certification on Advanced Nutrition Therapy	Lincoln University College, Malaysia	Qualified
B. A. (Yoga Science)	2017	Yoga Science	University of Patanjali, Haridwar	75.00%
Intermediate	2014	Hindi, English, Math, Physics, Chemistry	Prestige Intermediate College, Deoria	89.40%
High School	2012	Hindi, English, Math, Science, S.St., Computer	Prestige Intermediate College, Deoria	85.00%

Work Experience

- ❖ Currently working as an **Assistant Professor** in the **Department of Yoga Science** at the University of Patanjali, Haridwar, India.
- ❖ **Doing PhD as a Senior Research Scholar (SRF)** at **University of Patanjali, Haridwar**.
- ❖ **Former Assistant Scientist (June 2019-Feb 2022)** at **Patanjali Research Institute, Haridwar**.

Academic achievements & Membership

- ❖ Qualified National Eligibility Test for Assistance Professor – (YOGA) 31-July-2018.
- ❖ Qualified National Eligibility Test for Assistance Professor – (YOGA) 12-July-2019.
- ❖ Qualified National Eligibility Test for Assistance Professor – (YOGA) 31-Dec-2019.
- ❖ **Qualified National Eligibility Test for Assistant Professor & Junior research fellowship– (YOGA) Dec-2020 to June-2021 merged session.**
- ❖ **Qualified National Eligibility Test for Assistant professor & PhD Only (Yoga) Dec-2024 session.**
- ❖ Qualified **Yoga Trainer** Conforming to National Skills Qualification Framework Level-5 with GRADE – A by ministry of skill development & Entrepreneurship government of India (22-Mar-2019).
- ❖ Got Vidyarthi Protsathan Puruskar (Scholarship) from University of Patanjali in B.A. and M.A. every Semester.
- ❖ Got Scholarship given by Swami Ramdev ji for Yoga Sutras (Patanjali) learning competition.
- ❖ Qualifying **Foundation Course in Yoga Science for Wellness** from Morarji Desai National Institute of Yoga.
- ❖ **Patron Member in Patanjali Yogpeeth Trust.**

Technical Skills

- ❖ Proficient in MS Office Suit (Word, Power point, Excel) and Adobe InDesign.
- ❖ Knowledge of Hindi, English and Sanskrit language typing.
- ❖ Proficient in Touch Typing of English (50 WPM) and Hindi (35 WPM).
- ❖ Advance Level in Microsoft Excel.
- ❖ Intermediate Level of SPSS Analytics Software.

Research ID

ORCID ID - <https://orcid.org/0000-0002-2514-1251>

Google Scholar id- y_KkUckAAAAJ

Link - https://scholar.google.com/citations?pli=1&authuser=2&user=y_KkUckAAAAJ

Web of Science id - NES-0917-2025

Link- <https://www.webofscience.com/wos/author/record/NES-0917-2025>

Researchgate Link-https://www.researchgate.net/profile/Anuradha-Gupta-20?ev=hdr_xprf

Papers/Book Published

- ❖ Presented a Research article on “***Assessing the Role of Yoga in Managing Job-Related Anxiety Among Employees***” Organized by Department of Physical Education, Yoga & Sports Science, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) from 17th to 18th May, 2025.

- ❖ Akshay Vashisht, Medha Bhatt, Rupam Verma, **Anuradha Gupta**, Acharya Rohit, and Vedpriya Arya (2025) “***Intervention of Yagya and Yoga for Diabetes management: Bibliometric Insights of the last three decades***” published in International Journal of Yoga and Allied Sciences.
- ❖ Published **UGC NET/JRF yoga competitive book** Intituled “***Yog-Kunj***” for UGC NET, SLET, YCB, PhD, PG & UG exam aspirants.
- ❖ Balkrishna, A., **Gupta, A.**, Ghosh, S., & Arya, V. (2024). ***An Application of Yagna Pathy: A Spiritual, Cost-Effective, Indigenous Low-Intensity Psychological Intervention to Manage Common Mental Disorders: A Cross-Sectional Pilot Study in India.*** *Journal of Evidence-Based Integrative Medicine*, 29, 2515690X241284280. [Published in Scopus indexed journal]
- ❖ Verma R, Vashisht A, Bhatt M, **Gupta A**, Om R, Dabas A, et al. ***Global research trend on yoga intervention in educational systems: A bibliometric study of three decades.*** *Yoga Mimamsa* 2022;54:119-27. [Published in UGC group A Journal]
- ❖ Bhatt M, Vashisht A, Verma R, **Gupta A**, Rohit, Arya V. ***A global research trend in AUM meditation: A bibliometric analysis of past five decades.*** *Yoga Mimamsa* 2022;54:92-100. [Published in UGC group A Journal]
- ❖ **Gupta A**, Rohit, Verma R, Vashisht A, Bhatt M, Dabas A, Gowda P, Arya V. ***Global Research Trend on Yoga and Yagya Intervention on Mental Illness: A Bibliometric Attributes of Five Decades (1972-2021).*** *Yoga Mimamsa*. [Published in UGC group A Journal]
- ❖ **Gupta A**, Ghosh S, Om R, Arya V. ***Effect of Yoga-Protocol in Managing Depression, Anxiety & Stress Prevalent in Office goer during the Covid-19 Pandemic: A cross-sectional study.*** *Sri Lanka Journal of Psychiatry*. [Published in UGC group B Journal]
- ❖ Presented a paper in ‘**2nd International Dialogue on Ethical Code for Interdisciplinary and Yogic diagnoses**’ organized by Niramaya Yogam Research Foundation, Haridwar & Motherhood University, Roorkee on dated 17-18th April 2023 intituled “***Efficacy of Yoga intervention on stress, Anxiety and Depression in women***”. [Abstract Published]
- ❖ Participated in “**International Year of Millets-2023**” as foods stall organized by Center of Excellence, Patanjali Ayurved Hospital and Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan in Collaboration with Patanjali Research Institute, Haridwar on dated 12th April 2023.
- ❖ Presented a paper in the 4th International Conference on YOGA, YAGYA & AYURVEDA Organized by Shriram Yog Training & Research Society, U.P. and Dev Sanskriti Vishwavidyalaya, Haridwar, U.K. india on 12-13th Dec 2022 intituled “***Effect of Yagya on Anxiety, Stress & Depression on Women***”.
- ❖ Presented a paper in the “**International conference on Advance Research in Management, Social Science and Humanities**” organized by Hansraj College, University of Delhi in collaboration with Center for Training and Development on 30th Oct 2022 in titled “***BENEFICIAL EFFECTS OF YOGA-THERAPY IN CONTROLLING DEPRESSION, ANXIETY & STRESS PREVALENT IN OFFICE GOERS DURING THE COVID-19 PANDEMIC***”. [Abstract p-43]
- ❖ Participated an international conference on “**Modernization of Traditional Indian Medicine: Public Health & Industrial Perspective**” organized by Patanjali Research Institute in collaboration with Society for Conservation and Resource Development of Medicinal Plants and University of Patanjali, Haridwar on 1-4 August 2022. [Abstract published]
- ❖ Participated in One day seminar on the topic of “**Intellectual property rights: Need, Prospects, Awareness and Challenges in Herbal Medicine Sector**” organized by Patanjali Research Foundation Trust, Haridwar on 14 March 2022 [Abstract P-33, 40].

- ❖ गुप्ता अनुराधा. (2021, January 1). यज्ञ महिमा एवं आधुनिक अनुसंधान. *योग संदेश*. <https://www.patanjaliyogsandesh.com/article/435/%E0%A4%AF%E0%A4%9C%E0%A5%8D%E0%A4%9E-%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%AE%E0%A4%BE-%E0%A4%8F%E0%A4%B5%E0%A4%82-%E0%A4%86%E0%A4%A7%E0%A5%81%E0%A4%A8%E0%A4%BF%E0%A4%95-%E0%A4%85%E0%A4%A8%E0%A5%81%E0%A4%B8%E0%A4%82%E0%A4%A7%E0%A4%BE%E0%A4%A8>. यज्ञ महिमा एवं आधुनिक अनुसंधान - योग संदेश (patanjaliyogsandesh.com)

Conference/Webinar/Seminar Attended

- ❖ Attended Intra-State Training on Ethical Guidelines for Biomedical & Health Research Involving Human Participants on 2nd to 3rd May 2025 organized by
- ❖ Participated in Two Days International Workshop on Lifestyle Management through Yoga and Fitness (IWLMYF-2025) Program organized by Department of Physical Education, Yoga and Sports Science from 10th to 11th May 2025.
- ❖ Attended National Seminar on “**Yoga Research and Evidence based Yoga Therapy**” on 17th - 18th February 2025 organized by Patanjali Research Foundation in Collaboration with Patanjali Ayurveda Hospital and sponsored by the the National Medicinal Plant Board, the Ministry of AYUSH.
- ❖ Attended a one-day national seminar on “**Ashwagandha: Nature’s Answer to Modern Health Issues**,” organized by Patanjali Research Foundation in collaboration with Patanjali Ayurveda Hospital and sponsored by the National Medicinal Plants Board, Ministry of AYUSH on 17th January 2025.
- ❖ Attended International Conference on “**Creativity, Innovation & Advances in Research World: Pathways for a Better Tomorrow**” organized by Faculty of Commerce & Business Studies, Motherhood University, Roorkee on 3rd & 4th January, 2025.
- ❖ Attended conference Intituled “**Harmonizing Ayurveda, Technology and Innovation for Healthier Future**” on 27th – 29th October 2024 at University of Patanjali, Haridwar organized by Ministry of Ayush in association with the Patanjali Research Foundation and the university of Patanjali.
- ❖ Participated in One day workshop on “**Integrative Health Solutions with ayurveda, Acupressure, Yoga and Naturopathy**” organized by Patanjali Ayurved Hospital, Centre of Excellence under AYURSWASTHYA YOJANA, Ministry of AYUSH, Govt of India on 11th October 2024.
- ❖ Participated in International conference on “**Achieving Holistic Health through Ayurveda along with Advanced Technologies**” organized by Center of Excellence, Patanjali Ayurved Hospital in Collaboration with Ministry of AYUSH, Patanjali Research Institute and University of Patanjali, Haridwar on 1-3rd May 2023.
- ❖ Attended a Webinar on the concept of “**SWADESHI SE SWAVLAMBAN**” organized by Patanjali Research Institute, Haridwar on 5th April 2023.
- ❖ Participated in National Conference on intituled “**Role of Yogis in Indian Independence Movement**” sponsored by ICHR & ICSSR Ministry of Education, Govt of India, New Delhi organized by Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar on Dated 27-28th Feb 2023.
- ❖ Attended a workshop on “**Basics of Recording, Analysis and Interpretation of Heart Rate Variability in Yoga Research**” organized by Patanjali Research Foundation & University of Patanjali, Haridwar on 27-28 Feb 2023.

- ❖ Participated in One Day Workshop on “**Integrated Pathy: A Holistic Way to combat several Diseases**” as an **organizing committee member**, organized by Center of Excellence, Patanjali Ayurved Hospital in collaboration with Ministry of AYUSH, and Patanjali Research Institute, Haridwar on 30th sep 2022.
- ❖ Participated in One Day Workshop on “**Scientific Paradigms of Anti-Cancer Treatments available in Ayurveda**” organized by Center of Excellence, Patanjali Ayurveda Hospital in collaboration with ministry of AYUSH, Patanjali Research Institute and University of Patanjali, Haridwar on 5th Sep 2022.
- ❖ Attended webinar on the topic of “**Scientific Validation of Agnihotra – A holistic solution for environmental remediation and human health**” by Dr. Braham Dutt Arya on the 8 Aug 2021 organized by Patanjali Research Institute.
- ❖ Attended webinar on the topic of “**N.I.C.E. Protocol for Corona and COVID-19**” by Dr. Biswaroop Ray Chowdhury on the 1 Aug 2021 organized by Patanjali Research Institute.
- ❖ Attended webinar on the topic of “**Understanding Vedas from the Scientific Purview**” by Acharya Agnivrat Naishthik Ji on the 31 July 2021 organized by Patanjali Research Institute.
- ❖ Attended an International Conference on “**Integration of Traditional Medicinal Systems with Modern Science: Relevance, Challenges and Future perspectives**” organized by Patanjali Research Institute on 11-13th March 2021.
- ❖ Attended International Conference on “**Yoga for Health and Therapy**” organized by Patanjali Research Foundation, Haridwar on 29-31st March 2019.
- ❖ Attended the “**National Workshop on Effects of Yoga Therapy on Metabolic Syndrome**” organized by University of Patanjali with Patanjali Ayurved Hospital, Haridwar on March 15-17, 2019.
- ❖ Participated in **One Day International Hindi Conference** on the Title “Hindi Teaching in the World: New Dimensions, New Vision” (17 Sep 2017).
- ❖ Conducted workshop on “**Research on Yoga: Methods and Measurements**” organized by Patanjali Research Foundation and University of Patanjali, Haridwar on Sep 2-3, 2017.
- ❖ Completed training under the **Entrepreneurship Development Program** jointly conducted by Future Icons Foundation & State Bank of India.

Extra-Curricular activities

- ❖ Certified in the Online Workshop on **Garbhsanskar** organized by Vedicvibe LLP (22th December to 31th December 2024).
- ❖ Completed 8 Days Online **National NEP Orientation & Sensitization Programme** Organized by Malaviya Mission Teacher Training Center, University Grants Commission, Ministry of Education, Government of India & National Sanskrit University, Tirupati (20th December to 30th December 2024).
- ❖ Completed the training on the **Capsule of Chinese acupressure** from 25-30 April 2019 at University of Patanjali conducted by Acupressure Shodh, Prashikshan, Evam Upchar Sansthan.
- ❖ Participated in the **Camp of Yoga, Personality Development and Self Defense** (15-April-2019 to 10-May-2019) organized by University of Patanjali, Haridwar.
- ❖ Completed the course of **Basic Pranic Healing** organized by Yoga Vidya Pranic Healing Foundation of TS & AP (April 2019).
- ❖ Participated in the 2nd edition of the **Grand Master of Yoga 2019** at University of Patanjali, Haridwar on 11 oct 2018 organized by Namogange Trust.

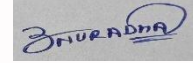
- ❖ Participated in **3rd International Yoga Day – 2017** on 1 to 21 June 2017 in the supervision of P.P. Swami Ramdev.
- ❖ Participated as a team member of the University team in **North Zone Inter University Kho-Kho (Women)** Tournament held at Avadh University, Faizabad. (29-11-2018 to 03-12-2018).
- ❖ Participated as a team member of the University team in **All India Inter University Yoga Tournament** held at Kurukshetra University from 16-19 March 2017.
- ❖ Participated in **Prantsanskrit Sammelan** organized by Sanskrit Bharti on 5-6 Dec 2015.
- ❖ Participated in several games (i.e. – Singing, Dancing, Kho-Kho, Race, Kabaddi, Handball etc.,) and won many prizes in “**Abhudaya**” the Mohotsava (Annual games competition) organized by University of Patanjali.
- ❖ Participated in **750 million Surya namaskar challenge** for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India-Azadi ka Amrit Mahotsav.

Declaration

I hereby declare that above mentioned information is correct to the best of my knowledge. I will bear the responsibility for the correctness of the above-mentioned particulars.

Date: 24/06/2025

Place: Haridwar



Anuradha Gupta