

# **CURRICULUM VITAE**

**DR. NIDHEESH KUMAR YADAV**

**Bachelors of Ayurvedic Medicine & Surgery (B.A.M.S.),  
M.A. Human Consciousness & Yoga Science,  
Post Graduate Diploma In Hospital & Health Management (PGDHHM),  
Ph.D. (Yoga Science)**

## PERSONAL PARTICULARS

**Name** Dr. Nidheesh Kumar Yadav  
**Date of Birth** 15<sup>th</sup> Feb, 1978 (44 Years)  
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## EDUCATION

Year	Institution	Degree	Field of Study
2022	IGNOU, Delhi	MSc CFT Persuing Final Year	Counselling & Family Therapy
2016	Jodhpur National University, Jodhpur Rajasthan	Ph.D.	Effect of specific Yoga module with special reference to Bhramari Pranayam, Jala Neti & Tratak on Attention and Concentration of Archers.
2012	Post Graduate Institute of Medical Science (PGI-MS), Lucknow.	Post Graduate Diploma (PGDHHM)	HOSPITAL & HEALTH MANAGEMENT.
2008	University of Lucknow, Lucknow	M. A. Human Conciousness & Yogic Science	YOGA
2002	Swami Kalyandev Government Ayurvedic Medical College, Muzaffarnagar	Bachelors of Ayurvedic Medicine & Surgery. (B.A.M.S)	AYURVEDA

## AWARDS

- 1 AWARD OF EXCELLENCE-  
29<sup>th</sup> Nov 2022** For **outstanding performance, dedication & Commitment towards promotion & Propogation of Naturopathy & Yoga** by U.P. Naturopathy & Yoga Teachers & Physician Association.
- 2 SIKSHAK SAMMAN-2021** For **outstanding performance in Education,**

Research & other related tasks by  
University of Patanjali, Haridwar

- 3 **YOG GAURAV SAMMAN-2018** For **outstanding performance for propagation and promotion of Yoga in Uttar Pradesh by Yogamtratam Sewa Sansthan, Gomti Nagar, Lucknow.**
- 4 **SRI BHAGWAN BAKSH SINGH SMRITI SEWA SAMMAN- 2011** For **outstanding performance for propagation and promotion of Yoga in Rae Bareli district UP by Yuva Jagrati Sewa Sansthan, Gurbakshganj, Rae Bareli, UP**

**PROFESSIONAL APPOINTMENTS**

<b>Duration</b>	<b>Designations</b>
12 <sup>th</sup> Feb, 2017 to till date	<b>Asst Professor</b> , Dept. of Yoga, University of Patanjali, Haridwar- 249405 (U.K)
01 <sup>st</sup> April 2015 to 10 <sup>th</sup> Feb 2017	<b>Lecturer</b> , Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kuvalayananda Marg, <b>Kaivalyadhama, Lonavla-410403, Pune (M.S.)</b>
01 <sup>st</sup> July 2010 to 31 <sup>st</sup> March 2015	<b>Academic Staff</b> under different Yoga modules (Post Graduate Diploma in Yoga Science and Foundation Course in Yoga Science) at <i>Morarji Desai National Institute of Yoga, New Delhi</i> (an autonomous body under <b>Ministry of AYUSH, Govt. of India</b> ).
01 <sup>st</sup> July 2010 to 19 <sup>th</sup> April 2012. 09 <sup>th</sup> Aug 2012 to 19 <sup>th</sup> April 2013. 05 <sup>th</sup> June 2013 to 31. April 2015	<b>Consultant (Yoga Expert)</b> for Swami Vivekananda District Yoga Wellness Centers (SVDYWCs) under Public Private Partnership scheme at <i>Morarji Desai National Institute of Yoga, New Delhi</i> (an autonomous body under <b>Ministry of AYUSH, Govt. of India</b> ).
04 <sup>th</sup> May 2009 to 30 <sup>th</sup> June 2010	<b>Yoga Physician</b> , at <i>Yoga Therapy and Research Center, Rajan Babu Institute of Pulmonary Medicine and Tuberculosis (RBIPMT), Kingsway Camp, New Delhi</i> , sponsored by Morarji Desai National Institute of Yoga, New Delhi ( <b>Dept. of AYUSH, Ministry of Health &amp; Family Welfare, Govt. of India</b> ).
15 <sup>th</sup> September 2008 to 13 <sup>th</sup> January 2009	<b>Programme Coordinator (Yoga)</b> , <i>Departmental Training for Border Security Force (BSF) personnel</i> under “ <i>Three and half months, Residential Certificate course in Yoga Science for BSF personnel</i> ” at <b>BSF training center Chhawla, New Delhi</b> in collaboration with Morarji Desai National Institute of Yoga, New Delhi (Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India)
05 <sup>th</sup> September 2006	<u>Part-time Faculty</u> of <i>Sri Guru College and Hospital of</i>

- to 12<sup>th</sup> September 2008 **Naturopathy and Yoga**, Lucknow, (U.P.) for evening classes to teach fundamentals of Ayurveda, therapeutic aspects of Shatkarma & Panchkarma.
- 17<sup>th</sup> September 2005 to 31<sup>st</sup> January 2006 **Research Assistant**, for standardization of some Ayurvedic Medicines like **Godanti-GairikVati, Ashtangavleha, 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.**

## **MEMBERSHIPS**

- 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, Standing Academic and Accreditation Committee, IYA**
- Jan 2021 **Joint Secretary, Uttar Pradesh Yogasana Sports Association** under National Yogasana Sports Federation affiliated with Sports authority of India.
- 2021 **Member**, working group for **Yoga for Old Age Project** under **Indian Yoga Association IYA.**
- Jan 2021 **Joint Secretary, Uttar Pradesh Yogasana Sports Association** under National Yogasana Sports Federation affiliated with Sports authority of India.

## **PROFESSIONAL RESPONSIBILITIES**

- 26-27 Mar 2023 Resource Person for Yoga Training Program for Professors of Physical Education & Sports, Govt of UP organized at Mahatma Jyotiba Phule Ruhel Khand University, Bareilly.
17. Mar.2023 **Resource Person** for workshop on Mind Body Medicine; Path Ahead in Managing Lifestyle related Disorders. Add Meditation to your Medicine organized by Collaborative Center for Mind Body Intervention through Yoga, AIIMS, Rishikesh.
- 03.Mar.2023 As Joint Secretary Of IYA Uttarakhand actively participated in National Conclave of State Chapter Committee of IYA at Anuvrat Bhawan, New Delhi
- 24.Feb.2023 Incharge, International Cell, University of Patanjali, Haridwar

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

2014 onwards **Guest Faculty for Himalayan Yoga Institute, London, United Kingdom.**

## **PROFESSIONAL EXPERIENCES**

- 18<sup>th</sup> Apr 2022 **Member, Editorial Board for Patanjali Vishwavidyalaya Prabha.**
- 23<sup>rd</sup> Mar 2022 **Invited Talk** for Induction program for newly admitted BAMS students of **Patanjali Ayurvedigyan Evam Annusandhan Sansthan**, Patanjali Yogpeeth, Haridwar.
- 21<sup>st</sup> 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.
- 14<sup>th</sup> Mar 2022 **Invited Lecture on Education, Health & Self Sustainment** at University Institute of Health Sciences, Chhatrapati Sahu Ji Maharaj University Campus, Kalyanpur Kanpur.
- 12<sup>th</sup> Mar 2022 **Invited Guest for Inaugural session of Yoga Utsav-2022** organized by Universal Yoga Consciousness (UYCON) at Bharat Ghat, Ganga Resort, Rishikesh, Uttarakhand.
- 10<sup>th</sup> Mar 2022 **Online Guest Speaker** for Weekly lecture series on **Education, Health & Self sustainment** in relation to Yoga at University Institute of Health Sciences, **CSJMU, Kanpur.**
- 26<sup>th</sup> July 2021 **Speaker for Health & Disease** during Jnana Pravah organized by University of Patanjali, Haridwar.
- 26<sup>th</sup> June 2021 **Speaker for Yoga Therapy in relation to Prana** during Jnana Pravah organized by University of Patanjali, Haridwar.
- 21<sup>st</sup> 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.**
- 27<sup>th</sup> Feb 2021 **Expert Committee Member** for Yoga Programmes in IGNOU University, Delhi
- 08<sup>th</sup> 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.
- 2020 **Member, Yoga Certification Board, Patanjali Yogpeeth, Haridwar**
- 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 <b>BNYS (Bachelors in Naturopathy and Yoga Studies) Course IIMT, Meerut.</b>
12 <sup>th</sup> Feb 2019	<b><i>Guest Speaker</i></b> to address a Technical Session in 1 <sup>st</sup> Global Yoga Festival organized by <b>Gobal Yoga Alliance, at Conventional Hall, Connaught Place, New Delhi.</b>
Jan 2019	Prepared Yoga Module for PGD Courses in Yoga for <b>National Institute of Open Schooling (NIOS)</b> under <b>Ministry of Human Recourse and Development (MHRD)</b> , Govt of India, New Delhi.
10 Sept 2018	Hosted students of Department of Public Health, <b>University of Wolverhampton, United Kingdom</b> (U.K) for Summer Programme on “Health in India”.
09 <sup>th</sup> to 14 <sup>th</sup> Aug 2018.	<u>As <b>Lead Examiner</b> for <b>International Yoga Professional Certification at Osaka and Tokyo, Japan</b> organized by Indian Yoga Association as PrCB under the guidelines of <b>Yoga Certification Board</b>, Morarji Desai National Institute of Yoga.</u>
July 2017 onwards	Guest Faculty, paper setter, evaluator and examiner for Yoga courses run under <b>Chaudhary Charan Singh University, Meerut.</b>
19 <sup>th</sup> September, 2016	As <b>Resource Person</b> 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	<u><b>Examiner for Yoga Certification</b> for various levels organized by Indian Yoga Association (I.Y.A.) on behalf of QCI, New Delhi from.</u>
April, 2016	<b>Resource Person</b> for syllabus preparation for various Yoga Courses for <b>Mahatma Gandhi University, Kottayam, Kerala.</b>
7 <sup>th</sup> -12 <sup>th</sup> March, 2016	<b>Coordinator</b> for <b>Continuing Medical Education (6 Days C.M.E)</b> in Yoga for AYUSH/Allopathy Doctors funded by Min. of AYUSH at Kaivalyadhama.
October, 2015 onwards	<b>Examiner for Yoga Certification</b> for various levels organized by Quality Council of India, New Delhi.
Aug 2015 to Feb 2017	<b>Guest faculty</b> for Yoga at <b>Savitribai Phule University of Pune</b> <i>deputed from Kaivalyadhama Yoga Institute, Lonavla,. Pune.</i>
17 <sup>th</sup> Nov, 2014	<b>Resource Person</b> for faculty Development Programme sponsored by <b>Directorate General of Higher Education, Haryana.</b>
28 <sup>th</sup> Jan to 02 <sup>nd</sup> Feb 2014	<b>Resource person</b> for training programme on Yoga & Naturopathy for Ayurveda Medical Officers held at <b>Dr. Sarvapalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur.</b>

- 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 2012 **Coordinator & Member of Organizing Committee** of National Yoga Week 2011 and 2012, organized by MDNIY, New Delhi.

## **CONFERENCES & WORKSHOPS**

- 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.
- 21<sup>st</sup> Jun 2022 **Resource Person** for Human Life & Yoga at One day International Online Conference organized by Mahatma Phule Mahavidyalaya, Ahmedpur Latur.
- 25<sup>th</sup> 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.
- 26<sup>th</sup> Apr 2022 **Coordinated 6 days Workshop** on Pranic Healing & Acupressure, Dept of Yoga Science, University of Patanjali. Haridwar
- 17<sup>th</sup> 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.**
- 05<sup>th</sup> 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.**
- 17<sup>th</sup> June 2021 **Speaker for Scientific Inter-relationship of Gross & Subtle body** at 7 Days International Yoga Seminar during 7<sup>th</sup> International Yoga Day organized by University of Patanjali, Haridwar
- 31<sup>st</sup> May 2021 **Speaker** for the webinar on Self Management during the current pandemic organized by Dept of Sports & Yoga, **I.I.T. Bhilai, Jharkhand**
- 01<sup>st</sup> July 2020 Resource Person/speaker for International Webinar organized by Indra Gandhi University, Meerpur, Rewari, Haryana.
- 29<sup>th</sup> Jun 2020 Key Note Speaker for Webinar on **Historical & Cultural Heritage of India** organized by Government PG College, Bilaspur Pilibhit, UP.



20 <sup>th</sup> June 2020	Speaker for <b>Misconceptions of Yoga</b> at 7 days International Seminar on the occasion of 6 <sup>th</sup> International Yoga Day at University of Patanjali, Haridwar
17 <sup>th</sup> Jun 2020	Resource Person/speaker “ <b>Relevance of Tridosh &amp; Trigun in relation to Covid-19</b> ” for 6 <sup>th</sup> International Yoga Day organized by IGNOU, New Delhi.
14 <sup>th</sup> June 2020	Speaker for “ <b>How Yoga can help to fight CANCER</b> ” on Webinar organized by Live Holistic Wellness, Ranchi Jharkhand.
07 <sup>th</sup> Jun 2020	Coordinated Global Yoga Webinar on <b>Yoga: The Immunity Booster</b> for University of Patanjali.
21 <sup>st</sup> June 2019	<b>Resource Person to deliver lecture on 5<sup>th</sup> International Yoga Day (21<sup>st</sup> June)</b> conducted jointly by Central Hindi Directorate and Commission for Scientific and Technical Terminology , <b>Ministry of Human Resource Development (MHRD), Government of India.</b>
01 <sup>st</sup> Dec 2018	<b>Chaired a Session</b> 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.
Jun 2018	<b>Invited Speaker to 8<sup>th</sup> International Seminar</b> by <b>Wonkwang Digital University, South Korea</b> and presented paper on <b>INDIAN NATURAL HEALTH THEORY &amp; PRACTICE</b> , June 2018.
31 <sup>st</sup> Jan- 03 Feb 2018	<u>Coordinated <b>International Training program in Yoga for Wonkwang Digital University, South Korea</b> for 20 Participants and 04 faculty persons with Consultation fees of Rs 2 Lakhs &amp; 75 Thousands.</u>
07 <sup>th</sup> Dec 2017	Invited and delivered <b>Expert Guest Lecture</b> titled “Applied Yoga Therapy” in <b>5 days Workshop on Yoga &amp; Naturopathy for AYUSH Doctors</b> organized by Gurukul Kangri University, Haridwar
26 <sup>th</sup> February, 2016.	As <b>Resource Person</b> 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.
December, 2015	<b>Member of Organizing Committee</b> of 8 <sup>th</sup> International Conference on Yoga & Education at Kaivalyadhama,

### **REFRESHER COURSES/ FDP/STC**

19 <sup>th</sup> Jun to 02 Jul 2022	<b>Participated in Refresher Course in Yoga Science</b> organized by University of Patanjali, Haridwar.
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- 22<sup>nd</sup> 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.**
- 12-31 March 2018 Participated in Refresher Course in Physical Education & Yoga (SRC) organized by **University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital.**

## **PUBLICATION**

### **A. PUBLISHED RESEARCH ARTICLES**

1. **Yadav, N. K.,** Tyagi, A.K., Agnihotri, R. (2012). A study to the Kapalbhathi on level of Depression among Civil and Architectural CADD students. *National Yoga Week, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi.* X(X), XX-XX. ISSN: XXXX
2. Singh, S.K., **Yadav, N. K.** (2013). Prevention of Drug Abuse in Relation to Yoga among Adolescence. *National Yoga Week, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi.* X(X), XX-XX. ISSN: XXXX
3. Singh, S.K., **Yadav, N. K.** (2014). Roll of Yoga in Stress among Youth in developing India. *National Yoga Week, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi.* X(X), XX-XX. ISSN: XXXX
4. **Yadav, N.K.** (2006). Tanav Mukti Hetu Panchupkram. *Vishwa Ayurveda Parishad.* 4(1), 15-18. ISSN: XXXX
5. **Yadav, N.K.** (2006). Madhumehopchar- Yoga & Ayurveda. *Vishwa Ayurveda Parishad.* 4(2), 23-25. ISSN: XXXX
6. Basavaraddi, I.V., Arya, S., **Yadav, N.K.,** Chandrawati, Pradeep. (2008). A Pilot Study on the effect of three months residential Yoga Training Program on Mental Health Parameters of BSF Personnel. *Yoga Vijnana, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi.* 2(1-2), 84-96. ISSN: XXXX
7. **Yadav, N.K.,** Yadav, A., Singh, D.P. (2016-19). Effect of Yajna on Total Lung Capacity & Biological Lung Age. *Gurukul Shodh Bharati, Gurukul Kangri Vishvavidyalaya, Haridwar,* 26-32, 166-173. ISSN: 0974-8830
8. 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*, 8(7), 4038-4045.  
[http://ijcrt.org/viewfull.php?&p\\_id=IJCRT2007424](http://ijcrt.org/viewfull.php?&p_id=IJCRT2007424) ISSN: 2320-2882. **Impact Factor-7.97**

9. Yadav, A., Verma, S., Panwar, M., & **Yadav, N. K.** (2022). Role of Yoga practices on cognitive functions: A review. *International Journal of Health Sciences*, 6(S3), 3288–3304. <https://doi.org/10.53730/ijhs.v6nS3.6341> ISN 2550-6978 E-ISSN 2550-696X © 2022 **Impact factor-2.96. Indexed in Scopus.**
10. Gupta, A., Kumar, R., **Yadav, N. K.** (2022). Role of Pranayama in Yogic Management of Vata Diseases. *International Journal of Innovative Sciences & Research Technology*, 7(7), 1221-1225. <https://doi.org/10.5281/zenodo.6990372> ISSN: 2456-2165. **SJIF Impact factor: 6.253**
11. Gupta, A., **Yadav, N. K.** (2022). Yogic Management of Scriptural Vatajananatmaja Diseases: A descriptive study. *Shodh Prabha, Shri Lalbahadur Shastri Rashtriya Sanskrit Vishwavidyalaya: Central University, Delhi*. 47(03), 81-88. ISSN: 0974-8946.
12. Rathore, V., **Yadav, N.** (2022). Yogic Sukshma Vyayama (Micro Exercises) is an Emerging Therapeutic Yogic Exercise for Cardiopulmonary Functions: A Narrative Review. *ĀMNĀYIKĪ*, 22, 56-61. ISSN: 2277-4270.
13. Verma, A., **Yadav, N.** (2022). Yoga for Dynamic balance: A systematic literary review. *Shodh Prabha, Shri Lalbahadur Shastri Rashtriya Sanskrit Vishwavidyalaya: Central University, Delhi*, 47(03), 123-130. ISSN: 0974-8946.
14. Gupta, S., Singh, S., **Yadav, N.** (2022). Kinetics of Kapalbhati: A mathematical interpretation of force, pressure, centres of gravity & centre of mass. *International Journal of Scientific & Engineering Research*. 13(11). <https://doi.org/10.14299/ijser.2022.11.01> ISSN: 2278-5159.
15. **Yadav, N.**, Rathore, V. (2022). Impact of specific yoga module with special reference to Bhramari, Trataka and Jala Neti on attention among archers. *International research journal of Ayurveda & Yoga*. 5 (11), 18-26. <https://doi.org/10.47223/irjay.2022.51103>. ISSN: 2581-785X.
16. Rathore, V., **Yadav, N.** (2022). Yoga as a complementary and alternative therapy for cardiopulmonary functions: A Review. *Yog Mimamsa, Kaivalyadhama, Lonavla Pune*. 54(02),133-139.ISSN: 2394-2487

## **B. RESEARCH ARTICLES SUBMITTED & ACCEPTED FOR PUBLICATION:**

17. Dadhore, S., Gupta, A., Yadav, S., Tiwari, S., Suryavanshi, C., **Yadav, N.K.**, (2022) Yogasana scale: Conceptualization, Development and Assessment Tool for

Adolescents Wellbeing. Health information Science and Systems. X(Y), XX-XX

**Impact factor-5.17. Indexed in Scopus, Frontiers and Pubmed.**

18. Rathore, V., Singh,S., **Yadav, N.K.** (2022). *International Journal of Indian Culture and Business Management (IJICBM)*, X(Y), XX-XX. ISSN: 1753-0814. Inderscience Publications.

19. Telles, S., **Yadav, N.** et al. (2022). Motivators, preferences, and aspirations of university students about studying yoga: A survey from India. *Advances in Mind-Body Medicine*. X(Y), XX-XX. ISSN: XXXX. Indexed in PubMed. **Impact factor-0.85**

### C. PUBLICATION & PRESENTATIONS INTERNATIONALLY.

20. Indian Natural Health Theory and Practice at 8<sup>th</sup> International Seminar at **Wonkwang Digital University, South Korea June 2018.**

### D. PUBLICATION OF LEARNING MATERIALS/MODULES

1	Philosophy & Physiology of Yoga (495)	<b>Yadav, N.K. &amp; Others</b>	<b>Yoga Teachers Training Program Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2020
2	Human body, Diet & Cleansing (496)	<b>Yadav, N.K. &amp; Others</b>	<b>Yoga Teachers Training Program Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2020
3	Applied Yogic Science (497)	<b>Yadav, N.K. &amp; Others</b>	<b>Yoga Teachers Training Program Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2020
4	Yoga Practices & Training (498)	<b>Yadav, N.K. &amp; Others</b>	<b>Yoga Teachers Training Program Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2020
5	Yoga Teaching Skills (Micro-Macro-Teaching) and Practice (499)	<b>Yadav, N.K. &amp; Others</b>	<b>Yoga Teachers Training Program Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2020
6	Yog ka Adharbhut Gyan ( 811)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021

7	Yogic Chikitsa - Yoga Therapy(817)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
8	Prakratik Chikitsa (818)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
9	Anya Prachin Prakratic Chikitsa Paddhatiyani (819)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
10	Prayogik Yogic Chikitsa (820)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
11	Prayogik Prakratik Chikitsa (821)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
12	Prayogic Anya Prachin Prakratic Chikitsa Paddhatiyani (822)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
13	Yog Darshan Shashtra evam Kriya Vijnana (823)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Yoga Science Theory Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
14	Manav Sharir, Yogic Aahar aur Sharirik Shudhi (824)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Yoga Science Theory Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
15	Vyavharik Yog Vijnana (825)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Yoga Science Theory Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
16	Prayogik Yog abhyaas evam prashikshan (826)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Yoga Science Practical Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021

17	Yog Shikshan evam Prashikshan Kaushal Vikas (827)	<b>Yadav, N.K. &amp; Others</b>	<b>Diploma in Yoga Science Practical Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,	2021
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### **Online Links of Various Modules**

#### 1. Diploma in Yoga Science Program (04 Modules)

[https://nios.ac.in/media/documents/yog\\_diploma\\_823\\_832/First\\_year\\_Therory\\_\(823-825\).pdf](https://nios.ac.in/media/documents/yog_diploma_823_832/First_year_Therory_(823-825).pdf)

[https://nios.ac.in/media/documents/yog\\_diploma\\_823\\_832/Second\\_year\\_Thero\\_ry\\_\(828-830\).pdf](https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Thero_ry_(828-830).pdf)

[https://nios.ac.in/media/documents/yog\\_diploma\\_823\\_832/Second\\_year\\_Thero\\_ry\\_\(828-830\).pdf](https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Thero_ry_(828-830).pdf)

[https://nios.ac.in/media/documents/yog\\_diploma\\_823\\_832/Second\\_year\\_Practi\\_cal\\_\(831-832\).pdf](https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Practi_cal_(831-832).pdf)

#### 2. Diploma in Naturopathy & Yogic Science (12 Modules)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/DNYS\\_Module\\_1.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Module_1.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/DNYS\\_Module\\_2.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Module_2.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/DNYS\\_Module\\_3.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Module_3.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/DNYS\\_Practical\\_-4F.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Practical_-4F.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/DNYS\\_Practical\\_-5F.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Practical_-5F.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/DNYS\\_Practical\\_-6F.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/DNYS_Practical_-6F.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/Book\\_1\\_817.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/Book_1_817.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/Book\\_1\\_818.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/Book_1_818.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/Book\\_1\\_819.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/Book_1_819.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/Naturopathy\\_82\\_0.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_82_0.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/Naturopathy\\_82\\_1.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_82_1.pdf)

[https://nios.ac.in/media/documents/vocational/dip\\_naturopathy/Naturopathy\\_82\\_2.pdf](https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_82_2.pdf)

#### 3. Translation of Yoga Teachers Training Booklet in English (01 Module)

<https://nios.ac.in/yoga.aspx>

### **REFRESHER COURSES**

- 1) **As Resource Person** for Short Term Course in Yoga & Health organized by University Grant Commission Human Resource Development Center (UGC, HRDC) , 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.

### **CONTINUING MEDICAL EDUCATION PROGRAM**

1. As **Resource Person for Continuing Medical Education (CME)** for Yoga Teachers organized by **Kaivalyadhama Yoga Institute, Lonavla, Pune on 25<sup>th</sup> August 2018.**
2. Coordinated CME on Yoga in Oct 2016 at Kaivalyadhama, Lonavla, Pune.
3. Coordinated OTP on Yoga in Sept 2016 at Kaivalyadhama, Lonavla, Pune.
4. Attended CME Programme for Scientific Sessions on Cardiology, conducted by Max Heart & Vascular Institute Saket, New Delhi in collaboration with NIMA Moradabad Branch, 10<sup>th</sup> July 2011.

### **SEMINARS & CONFERENCES ATTENDED**

1. Attended *Tridosh Seminar* on 20<sup>th</sup> march 2002 at S.K.D. Government Ayurvedic College, Muzaffarnagar, (U.P).
2. Attended *International Seminar on Naturopathy & Yoga* held on 09<sup>th</sup> – 10<sup>th</sup> July 2005 at Indian Institute of Technology Kanpur, U.P.
3. Attended *International Seminar on yoga & Naturopathy: A Potent Treatment System* 2005 at Lucknow U.P.
4. Attended *2<sup>nd</sup> International Ayurvedic Congress- 2005* held at New Delhi, India.
5. Attended *NIMA – U.P. state conference – 05* organized by National Integrated Medical Association – Shahjahanpur, U.P.
6. Attended *NATIONAL YOGA WEAK-2008*, 25-29 Feb, 2008 organized by Morarji Desai National Institute of Yoga (An Autonomous organization under department of AYUSH, Ministry of Health and Family Welfare, Govt. of India.
7. Participated in International Seminar on Integrated Approach to Autoimmune disorders organized by Patanjali Bhartiya Ayurvedigyan evam Anusandhan Sansthan, Haridwar during 4<sup>th</sup> to 6<sup>th</sup> August, 2019.

### **TRAINING PROGRAMS**

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| 2018 | <b>2 weeks Workshop on Research Methodology</b> organised by Department of Yoga Science and Mathematics, Gurukul Kangri University, Haridwar.  |
| 2004 | Attended Basic Course of Art of Living under kind guidance of Dr. P. K. Srivastava, Rae Bareilly UP as well as <b><i>Advanced Course under cordial guidance of shradhyeya GURU JI at Rishkesh.</i></b> |

10<sup>th</sup> & 11<sup>th</sup> Oct, 2011 Attended ***Interactive Workshop on IPR and Patenting Issues in Traditional Medicine*** organized by Department of AYUSH and Ministry of External Affairs in collaboration with World Health Organization (WHO).

2005 Attended workshop on ***Cultivation & Production of Medicinal & Aromatic Plants***, organized by National Medicinal Plant Board, held at ***Central Institute of Medicinal & Aromatic Plant (CSIR) Lucknow***

Attended training programme on ***Basic Chinese Acupressure training*** conducted by Acupressure Shodh Prasshikshan Evam Upchar Sansthan Allahabad.

Dr. Nidheesh Kumar Yadav