



## BIO-DATA

- Name** : Dr. Omnarayan Tiwari  
**Designation** : Dean Faculty of Yoga Science, University of Patanjali
- Dean, Faculty of Yoga Science, Patanjali University, Haridwar.
  - Head, Dept. of Yoga Science, Patanjali University, Haridwar.
  - Chairman, Board of Studies, Patanjali University, Haridwar.
  - Ex. Professor and Head Dept. Of Yoga
  - Ex. Chairman Centre for Internal Quality Assurance(CIQA)
  - Ex. Coordinator Internal Quality Assurance Cell (IQAC)
  - Ex. Coordinator Research Department
  - Ex. Coordinator, Unnat Bharat Abhiyan (UBA).
  - Ex. Member, Board of Studies, Department of Yoga, Maharishi Mahesh Yoga Vishwavidyalaya.

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### Academic Qualifications:

No.	Degree	University	Year of passing
1	Ph.D. (Yoga Science)	Dr. H.S. Gour.V.V.Sagar, M.P.	1994
2	M.Sc. (Forensic Toxicology)	Dr.H.S.Gour.V.V.Sagar, M.P.	1989
3	M.A. (Philosophy)	RD University Jabalpur, M.P	1998
4	B.Sc.	Dr.H.S.Gour.V.V.Sagar, M.P.	1987
5	H.S.S.C	M.P Board	1984
6	<b>Diploma</b>		
	Jr. Dip. Yoga & Health	Dr.H.S.Gour.V.V.Sagar, M.P.	1987
	PG Diploma Yoga Teaching	Dr.H.S.Gour.V.V.Sagar, M.P.	1988
	Jr. Diploma in Sanskrit	Dr.H.S.Gour.V.V.Sagar, M.P.	1989
	Sr. Diploma in Sanskrit	Dr.H.S.Gour.V.V.Sagar, M.P.	1995
	Diploma in Jyotish	Dr.H.S.Gour.V.V.Sagar, M.P.	1993

**Title of the Ph.D. Thesis - Physique and fitness with special reference to the relevant finding of Yoga and Ayurveda.**

## **Academic & Administrative Position:**

- Professor and Dean faculty of yoga science, University of Patanjali
- Chairman Board of studies University of Patanjali
- Member Board of Management University of Pantajali
- Ex. Coordinator, Research. Maharishi Mahesh Yogi Vedic Vishwavidyalaya.
- Ex. Coordinator, Unnat Bharat Abheyan (UBA). Maharishi Mahesh Yogi Vedic Vishwavidyalaya.
- Member, Board of Studies, Yoga Science. Atal Bihari Vajpayee Hindi University, Bhopal.
- Member Academic council Mahesh yogi vadic Vishwavidyalaya, katni (M.P.)
- Member, Board of Studies, Raja Mansingh Tomar Sangeet evam Kala Vishwavidyalaya, Gwalior, M.P.
- Member of Governing Council, Inter University Consortium (Iuc) Bhopal, M.P.
- Supervisor, Research. Central Council For Research In Yoga And Naturopathy. 'Dept. of Ayush Ministry of Health & F.W. Govt. of India, New Delhi.
- Honorary Visiting Professor Of Yogic Science And Spirituality At Indian Institute Of Ecology And Environment, New Delhi.
- Chairman Board Of Study Ramayan Prabodh Progremme Pssou
- Chairman Board Of Study Distance Education Pssou
- Member Research Degree Committee In Subjects, Physical Education, Education, Economics, Geography, Political Science, Sanskrit, Hindi, English, Library Science, Sociology Of Pssou.
- Member And Convener Of Board Of Study Yogic Science Pssou
- Member And Convener Of Board Of Study Jyotish And Vastu Shastra Pssou
- Member Of Research Board Department Of Indian Philosophy Jyotish And Yogic Science. Pssou
- Member Research Board Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya, Satna (M.P.)
- Member Of Editorial Board of "Abhyuday" Quarterly Magazine, Published by PSSOU.
- Editor, Manovigyan Darshan. Research Quarterly Journal of M.P. Psychological Society. (Mpps.) From 2001.
- Represent University (PSSOU) In World Education Summit – 2011 India, New Delhi.
- Supervisor: Ph.D. Five & Awarded Four. Submitted One and Seven Registered for Ph.D. course work.
- Member, Secretary Yoga Sadhana & Naturopathy Academy, Jabalpur (M.P.).
- Ex. Professor s and Head Maharashi Mahesh yogi vadic Vishwavidyalaya, katni (M.P.)
- Coordinating IQAC, Maharishi Mahesh Yoga Vedic Vishwavidya, Karuoni, Katini, M.P.
- Chairman CIQA, Maharishi Mahesh Yoga Vedic Vishwavidya, Kkaruoni, Katini, M.P.

## **Experience:**

- Lecturer, 1989-90 Dr. H.S. Gour V.V. Sagar.
- Lecturer, 1991-92 Dr. H.S. Gour V.V. Sagar.
- Guest Lecturer, 1990 Dept. Of Law, Dr. H.S. Gour V.V. Sagar.
- Research Fellow 1992 To 1996, Dr. H.S. Gour V.V. Sagar.
- Director Yoga Dept., 1996 To Sept. 2003, R.D.V.V. Jabalpur.
- Director Yoga & Naturopathy Academy M.P. India Sept. 2003 To 2006.
- Head and Program Coordinator Dept. Of Indian Philosophy, Jyotish & Yogic Science PSSOU from 1 May 2006 To 15 February 2016.
- Regional Director (2007 To 2010) Ambikapur Region Pssou
- State Consultant Chhattisgarh (Asha Project National Institute of Open Schooling Under Ministry of MHRD Government of India) 16 February 2016 To 15 October 2017
- Visiting Professor Bilaspur University Bilaspur Chhattisgarh. (Jun. 2016 To 31 Dec. 2017)
- Visiting Professor Indian Institute of Ecology and Environment, New Delhi

## **Fellow and Membership of Learned Societies:**

- Life Member, Indian Science Congress.
- Life Member, Indian Society of Gandhian Studies.
- Life Member, Indian Philosophical Council.
- Life Member, Secretary, Yoga Sadhana and Naturopathy Academy.
- Life Member, Indian Philosophical Congress.

**Published Research Paper- National**

**Journals**

	<b>Academic Year</b>	<b>Title</b>	<b>Journal Name</b>	<b>Year</b>	<b>ISSN #</b>	<b>Type</b>
1.	1992-93	Analysis Of Waxes : A Bibliography	Wachs-Und Harzverarbeitung Journal, Germany	1992	0173-5500	International
2.	1993-1994	Identification Of A Cosmetic By Thin Layer Chromatography	Madhya Bharati Research Journal Dr.H.S. Gour University Sagar (M.P.)	1993	University publication.	National
3.	1994-95	Interrelationship Between The Systems Of Yoga And Ayurveda	Madhya Bharati Research Journal Dr. H.S. Gour University Sagar (M.P.)	1994	University publication.	National
4.	1997-98	Relationship Between The Age And Cardiovascular Fitness Of M.P. Young Males	Madhya Bharati Research Journal Dr. H.S. Gour University Sagar (M.P.)	1997	University publication.	National
5.	2000-01	Patanjali Yog Sutra mein Manovigyan.	UGC Vishesh Shodh Prakashan , Rani Durgavati Vishwavidyalaya, Jabalpur.	2000	University publication.	National
6.	2000-01	Sanskardhani mein manovikaron ke samanvayendra.	Manovaigyanik Sarshan Traimasik Patrika	2000	MPMP Pub.	National
7.	1992-93	Maadak Padarthon ka vyasan: Ek Parihcay.	Vol. 1992. Issue 29&30	1992	Bhartiya Yog Anusandhan Parishad,	National
8.	2000-01	Dhyan Ke Bharir Kriyatmak, Aadhaardh nialok mein.	Bhartiya Sanskriti evam darshnik Anusheelan	2000	University Publication.	National
9.	2003-04	Kishore varg ki navodit urja bhakti ka yog dwara channelization.	Bhartiya Yog Anushandhan Parishad	2003	VOL-NO-05,2003 P.P.-60-64.	National
10.	2018-19	Relationship Between Height And Weight Of Young Males As Per Yogic Literature	Edusearch UGC Enlisted Journal Of Educational Research, Vol. no. 09 , Number 01 , April 2018.	2018	ISSN No. 0976-1160	National
11.	2018-19	Antarraashtriya yog diwas hetu saamanya yog abhyas kram (protocol) mein dhyan ka darshanik vishleshan.	Panchatatva Research Journal of science Humanities NUMBER 6 . VOL. 6 page 46-54.	2019	2278-022X	National
12.	2019-20	Hatyog ki antarang sadhana hetu pranayama ka Bhartiya vivechan.	Jigyasa vigyan patrika, Bhartiya prodyogik sansthan (IIT), Vol. 3 Page. 1332146	2019	2349-562X	National
13.	2020-21	Yog dardhan mein manudwaw vikas evam Swaroop.	Jigyasa vigyan patrika, Bhartiya prodyogik sansthan (IIT), new Delhi.	2020 Vol. 34 page 59-64	2349-562X	National
14.	2020-21	Patanjali Yog sutra mein	Janamat Power Research	2020	ISSN: 2582-	National

		darshan ke partipadya vishayon ka mool chantan.	Journal		6557	
15.	2021-22	Yogang Yam aur niyam ka saarvabhaumik mulya.	Shodh Setu.	2021	ISBN: 978-81-947336-3-8	National
16.	2021-22	Foundation Steps of Yoga Sutra for Preparation of Yoga Practice (Sadhana)	Shodh Unnayan	2021	ISBNNo.978-93-5493-5763	National
17.	1999-2000	Interrelationship Between The Systems Of Yoga And Ayurveda	Special Issue Yoga Research And Tradition	1999	0044-0507	International
18.	2020-21	Yogsutra mein man ka Swaroop.	6th International Conference on Psycho- Spiritual approach to Yoga Souvenir, Indian Association of Yoga	2020	ISBN: 978-81-956482-8-3	International
19.	2020-21	Kishoriyon mein raktalpatha niyantran par mitaahar evam saamanya aahaar ka tulanaatmak Adhyayan.	Printing Area Peer Reviewed International Journal Interdisciplinary Multilingual Refereed Journal , vol. 02, April to June 2020	2020	2319-9318	International
20.	2020-21	Kishoriyon ke tanaav prabandhan mein yogic aahar evam saamanya aahaar ka tulnatmak Adhyayan.	Vidyawarta Peer-Reviewed International Journal Interdisciplinary Multilingual Refereed Journal, April to June 2020, Vol. 02	2020	2319-9318	International
21.	2022-23	Madhumeh prabandhan mein yogic mudraaon evam homeopathy aushadhi ke prabhav ka tulanaatmak Adhyayan.	Swadeshi Research Foundation Vol- 10 number 02, Dec. 2022, Page no.12-17	2022	ISSN 2394-3580	International
22.	2022-23	Yogic shatkarm se swasthaya prabandhan.	Shodh Samhita vol –ix ,issue-07, July-December 2022	2022	ISSN 2277-7067	International
23.	2022-23	Kishor varg ke chaatra evam chaatraaon ki yog prashikshan pashchaat ke aadhaar par unki deergh smiriti par yog (bhaavabheet dhyan) ke prabhav ka Adhyayan.	International Journal of Arts & Education Research	2022	ISSN: 2278-9677	International
24.	2020-21	Kishore vidyarthiyon ke shaikshanik uplabdhi par yog ke prabhav ka Adhyayan.	Parishodh Journal Page no. 2313-2316 Vol. ix issue- Jan 2020	2020	ISSN NO:2347-6648	International
25.	2015	Shree ram charit manas ki geetao se manasaririk vyadyo ka prabandhan	Manas Me Vigyan Vol 01, page no. 92-94, Sovnair	2015	University publication.	National

## Books Written :

Academic Year	Title of book	Type	Name of Publisher	Date of publication	ISBN
2006	Yog vigyan ka parichayatmak Swaroop.	SLM	Registrar, PSSOU	2006	University publication.
2007	Hat yog vigyan.	SLM	Registrar, PSSOU	2007	University publication.
2007	Jyotish vigyan ka saidhaantik Parichay.	SLM	Registrar, PSSOU	2007	University publication.
2008	Saidhaantik Vaastu evam nirman vigyan.	SLM	Registrar, PSSOU	2008	University publication.
2008	Vaastu vigyan ke vyavahrik anuprayog.	SLM	Registrar, PSSOU	2008	University publication.
2009	Door siksha ki daarshanik prishtha Bhoomi.	SLM	Registrar, PSSOU	2009	University publication.
2009	Ramayan Prabodh, part 1 & 2.	SLM	Registrar, PSSOU	2009	University publication.
2009	Ramayan Prabodh, part 3 & 4	SLM	Registrar, PSSOU	2009	University publication.

## Ph.Ds Produced:

	Academic Year	Name of scholar	Reg. No.	Dept. of Scholar	Ph.D reg. year	Title of Thesis	Date of Award
1.	2018-22	Smt. Namita Pathak	Maharci 801\94	Yogic science	2020	A Study of the effect of yoga on Adolescents memory, Mental Fatigue and academic achievement with special reference to Transcendental Meditation	26/jun/2022
2.	2007-2012	Km. Diksha Thakur	R\SS\YV\07\02	Yogic Science	2006	Yog evam reiki chikitsa paddhatiyan ka tulanatmak Adhyayan kishoriyan ki samasyaon ke sambandh mein.	17\12\2012
3.	2007-2014	Smt. Komal Sharma	MPBU\RC\PHD\01\20--02-2017	Yogic Science	2007	Yog vigyan mein mitaahaar ki avdharana evam aadhunik aahaar ka Swaroop kishoriyan ke swasthya prabandhan ke vishesh sandarbh mein.	23\09\2015
4.	2007-2014	Smt Shailja Trivedi	MPBU\RC\PHD\02\20--02-2017	Yogic Science	2007	Vivaah ke yogan ka jyotish shastriaya Adhyayan- Bhartiya sandarbhmein.	28\09\2015
5.	2007-2009	Sh. Deepak Sharma	R\SS\JY\07\01	Jyotish Science			30\11\2009

**Details of ongoing Research scholars**

Academic Year	Name of the scholar	Register Number	Topic	Dept. of Scholar	Ph.D Reg. year
2007-2012	Meena Singh Bhadoria	SS\YV07\03	Tanaav prabandhan mein geetaaon ki Bhumika ka Adhyayan.	Yogic Science	2007
2020-2023	Ashok kumar Pachori	Maharshi 801\95	A comparative study of yogic and Homeopathy Management of Diabetes mellitus with special reference of yogic mudras	Yogic Science	2020
2020-2023	Rashmi Patel	Maharshi 801\96	A comparative study of the effect of Maharishi Mahesh Yogi Transcendental Meditation and Pandit Shree Ram Shrma Acharya Meditation on Stress and anxiety	Yogic Science	2020

**Participation in Conference/Seminar Workshop/ Training:**

	Academic Year	Year	Name of Seminar	Date	Status	Level	Title of paper
1.	1989-1990	1989	International Conference On Biomedical, Literary and Practical Research In Yoga- Penal Discussion ;Yoga In Modern Life	July 25 To 28 1989		International	
2.	1991-92	1991	International Yogasanas Federation, Federation Cup Yogasan Competition 1991	Aug. 01 To 04 1991		International	
3.	1995-96	1995	First International Conference On Lifestyle And Health	Jun. 20 To 21 1995		International	
4.	1996-1997	1996	World Philosophers Meet	Nov.24 To 30 1996		International	
5.	1998-991	1999	International Conference On Yoga Research And Traditions	Jan. 01 To 04 1999		International	
6.	2001-02	2001	World Philosophy Conference	Dec. 28 To 01 2001		International	
7.	2003-04	2003	Xi International Yoga Festival	Jan. 04 To 07 2003		International	
8.	2003-04	2003	1 <sup>st</sup> International Conference of The Asian Federation For Psychotherapy, Yoga And Traditional Therapies, Dialogue	Nov. 12 To 15 2003		International	
9.	2004-05	2004	Word Yoga Day Festival	Sept. 2004		International	
10.	2007-08	2007	2 <sup>nd</sup> World Congress On Vedic Sciences	Feb. 09 To 11 2007		International	
11.	2011-12	2011	International Conference Cum Workshop On Challenges Before Open And Distance Learning: Global Perspective	Mar. 07 To 09 2011		International	

12.	2018-19	2018	International Conference On The Position And Relevance Of Vedanta Philosophy In Present Era	2 To 4 Nov. 2018		International	
13.	2018-19	2018	9 <sup>th</sup> International Conference Yoga As Therapy	27 To 30 Dec.2018		International	
14.	2019-20	2019	Bharti Pratya Vaad Our Gandhi Vaad Ek Yoganusilan	5 to 6 Sept. 2019		International	
15.	2019-20	2019	The Role Of Gita's For Stress Management In Light Of Advaita Vedanta	8 to 10 Dec 2019		International	
16.	2020-21	2020	Covid-19: Operational Planning Guidelines and Covid-19 Partners Platform to Support country Preparedness and response	13 May 2020		International	
17.	2020-21	2020	“Advances in Scientific Skills and Research”	20 to 21 June 2020		International	
18.	2020-21	2020	“Physical Classroom Vs Virtual Classroom in the Context of Higher Education”	28 June 2020		International	
19.	2020-21	2020	Paatanjal Yog Darsha mein darshan ke yog ke pratipadh vishayon ka Swaroop.	3 to 4 July 2020		International	
20.	2020-21	2020	Social Impact of Covid-19: Challenges and Prospects”	4 to 6 July 2020		International	
21.	2020-21	2020	Kabir, kal, aaj, aur kal.	1 Aug 2020		International	
22.	2020-21	2020	Health and Wellness Strategies During Covid-19	1 Aug 2020		International	
23.	2020-21	2020	Water Resources Management and Conservation	28 to 30 Jan		International	
24.	2020-21	2020	Aatmanirbharta ka darshan aur Gandhi ki Drishti.	01 Oct 2020		International	
25.	2020-21	2020	Yoga Philosophy and Spirituality International Day of Yoga	04 Jun 2020		International	
26.	2020-21	2020	Emotional Intelligence & Its Regulation	21 Nov 2020		International	
27.	2021-22	2021	International Yoga E-Conclave	28-29-30 May 2021		International	
28.	2021-22	2021	Panchdiwasiya antarraashtriya yog diwas webinar.	20 जून 2021 से 24 जून 2021		International	
29.	2021-22	2021	Eva Of International Day Of Yoga-2021	21/06/21		International	
30.	2021-22	2021	Enlivening Consciousness through Transcendental Meditation as a tool to realize Objectives of National Education Policy.	20 - 24 Oct. 2021		International	
31.	2021-22	2021	Yoga and Holistic Health	15 - 21 2021		International	

32.	2021-222	2022	Premchand ka rachanasansar: Ek punarpath.	31July 2021		International	
33.	1989-90	1989	All India Workshop Cum Training Course On Advanced Electrochemistry Sponsored By Map Cost Bhopal And UGC New Delhi	Nov.26 - 30 1989		National	
34.	1991-92	1991	Sthal Parikshan evam prayogshal vishleshan.	Feb. 03 1991		National	
35.	1991-92	1991	Workshop On Mental Stress And Its Yogic Management	Sept. 14 To 15 1991		National	
36.	1992-93	1992	All India Conference On Nature- Cure And Yoga, Jyotish, Tantra & Medicines. Bio-37. Diversity & Conservation Strategies.	May. 07- 15 1992		National	
37.	1993-94	1994	National Seminar Herbal Medicines. Bio-Diversity & Conservation Strategies	Feb. 26 To 27 1994		National	
38.	1995-96	1995	Saghan acupressure chikitsa evam nidaan shivir.	Oct. 15 to 21 1995		National	
39.	1994-95	1994	Patanjali Yog sutra mein darshan ke pratipadya vishayon ka spashtikaran.	May. 18 to 20 1994		National	
40.	1995-96	1995	Jeevan jeene ki kala evam swasthya ka darshan.	Jun. 22 to 25 1995		National	
41.	1995-96	1995	10 <sup>th</sup> M.P. Young Scientist Congress.	Feb. 28 T Mar. 02 1995		National	
42.	1995-961	1995	National Research Seminal On Environmental Problems, Management And Planning.	Dec. 24 To 25 1995		National	
43.	1995-96	1995	Panini vyakarana ke saamanya pathyakram mein prashikshan.	Sep. 22 to 20 1995		National	
44.	1995-96	1995	Saanskritik sankat sangoshti.	Dec. 04 to 7 <sup>th</sup> 1995		National	
45.	1996-97	1996	Madhya Pradesh nirparishad ke Pratham adhiveshan.	July 17 to 18 1996		National	
46.	1996-97	1996	XIX Annul Conference Of Indian Society Of Gandhian Studies.	Oct. 16 To 18 1996		National	
47.	1997-98	1997	“Holistic Approach Of Yoga For Human Resource Development”	Feb. 14 To 15 1997		National	
48.	1997-98	1997	84 <sup>th</sup> Indian Science Congress Delhi	Jan. 03 To 15 1997		National	
49.	1997-98	1997	Special Training Course On Yoga Education For Human Resource Development.	April 08 To 1997		National	
50.	1996-96	1997	The Indian Philosophical Congress	Nov. 14 To 16 1997		National	
51.	1996-97	1997	Forum On Forensic Science	Jan. 03 To 08		National	



			84 <sup>th</sup> Annual Meeting Indian Science Congress Association Delhi	1997			
52.	1996-97	1997	Sant Kabir ke darshan mein hatyog ka Swaroop.	Oct. 25 to 27 1997		National	
53.		1999	Madhya Pradesh nirparishad ke tritiya adhiveshan.	July 10 to 1999		National	
54.		1999	National Seminar On Yoga Psychology & Workshop On Pranayam.	Oct. 14 To 15 1999		National	
55.		1999	In charge yoga centre, Jabalpur	Jan. 06 to 14 1999		National	
56.		2000	Rashtriya Sanskrit Bodh Sangoshthi.	Sep. 21 to 18 2000		National	
57.		2000	Akhil Bhartiya Vigyan sammelan.	Oct. 16 to 18 2000		National	
58.		2000	Dwi-diwasiya rashtriya sangoshthi- vedic sahitya evam paryavaran.	May. 06 to 07 2000		National	
59.		2001	Praacheen Bharitya Parampara ke paripekshya mein sanyukt rashtrya ke manav adhikaar ke abhiyan ka aalochanaatmak mulyankan.	Feb. 24 to 26 2001		National	
60.		2011	National Symposium On ‘HIV And Infant Feeding.	Dec. 09 2011		National	
61.		2001	Vyavahaarik darshan shastra ke Swaroop anviksha ke kramon ka antarsambandh.	31 DEC. 200 TO 01 JAN. 2001		National	
62.		2001	Yog siksha ki vaigyanikta.	Aug. 23 2001		National	
63.		2002	National Seminar On The Concept. ‘Guru In Indian Philosophy	Feb. 17 To 2002		National	
64.		2004	Training Programme On Javik Krishi	Sep. 24 To 27 2004		National	
65.		2006	Pratham rashtriya yogdaan sammelan.	Feb. 18 to 19 2006		National	
66.		2006	Tri-diwasiya karyashaala evam prashikshan karyakram.	Sep. 11 to 13 2006		National	
67.		2006	Rashtriya sangoshthi ‘Harit Herbal’ swasthya, Chattisgarh.	Sep. 11 to 31 2006		National	
68.		2006	Three-day workshop ‘Development of Self learning Materials’	Dec.22 to 24 2006		National	
69.		2007	Dwitiya Vishwa vedvigyan sammelan.	Feb. 09 to 11 2007		National	
70.		2007	National workshop on training of academic counsellors for ODL system	May 12 to 26 2007		National	

71.		2008	Three-day workshop "training of course writer for self-learning material development"	March 28 to 30 2008		National	
72.		2008	Researching distance and online learning.	Feb. 20 to 22 2008		National	
73.		2009	Teen Diwasiya staff prashikshan evam unmukhikaran karyakram.	April 23 to 25 2009		National	
74.		2013	National workshop on OER	Mar. 06 to 08 2013		National	
75.		2013	National workshop on SLM	Mar. 28 to 30 2013		National	
76.		2015	Rashtriya Sangoshthi Manas mein vigyan.	Nov. 26 to 27 2015		National	
77.		2016	Two days national conference on Novel Approaches in cell sciences stem cell research	Jun 24 to 25 2016		National	
78.		2016	Teen diwasiya rashtriyakarya shala charitra nirmaan evam vyaktitva ka samagra vikas.	Aug. 27 to 29 2016		National	
79.		2016	The Therapeutic values of yoga	Sep. 25 to 26 2016		National	
80.		2018	Unnat Bharat Abhiyaan 2.0	25 Apr. 2018		National	
81.		2019	Workshop on Maharishi Vedic Science introduction Program.	27 to 2 Jun 2019		National	
82.		2019	Yog Darshan me Bramhyogya ki Tatwik mimansha	27 Jun 2019		National	
83.		2019	Rashtriya sangoshthi Praroop siksha niti 2019- Uchcha Shiksha.	13 July 2019		National	
84.		2019	Tech 4 Seva - UBA	10 to 12 August 2019		National	
85.		2019	Rashtriya Sangoshthi Bhartiya aad vivaad evam Gandhivaad ke 150 varsh bahuaayaami paridribhaya.	3 Sept. 2019		National	
86.		2019	Workshop on "Research Innovation and Extension"	28.09.2019		National	
87.		2019	Infrastructure & Learning Resources	05/10/2019		National	
88.		2019	Rashtriya Hindi Vigyan lekhak sammelan evam parisamvaad.	11 to 12 Oct. 2019		National	
89.		2019	Workshop on Governance,	17 Oct. 2019		National	

			Leadership & Management				
90.		2019	Workshop on Innovative Practices & Strategy Development for Quality Sustenance in higher Educational Institutions”	19 Oct. 2019		National	
91.		2019	Workshop on Institutional Values And Best Practices	24 Oct. 2019		National	
92.		2019	Gunvatta para kuccha siksha ke liye paathaya kramon ka satat parikshan parivardhan.	13 Nov. 2019		National	
93.			National Workshop on Maharishi Vedic Science	10 to 16 Dec.		National	
94.		2019	Regional Workshop on Unnat Bharat Abhiyan	27 Dec. 2019		National	
95.		2019	Uchcha siksha hetu snatakottar adhaar pathayakram (Hindi) ke praroop nirman hetu karya shala.	28 Dec. 2019		National	
96.		2020	Bhankar vedant mein panchdakshi ka sthan aur swami swaroopanand Saraswati ki daarshnik Drishti.	27 to 28 Jan. 2020		National	
97.		2020	Manodaihik samasyaein evam yogic nidan hoga.	11 Feb. 2020		National	
98.		2020	“Importance of E-Commerce & E-Marketing in Present Situation”	15 May 2020		National	
99.		2020	Covid-19 Quiz Conducted by Lingaya’s	22 May 2020		National	
100.		2020	Covid-19 With respect to Supply Chain, Markets & Government Stimulus”	22 May 2020		National	
101.		2020	Covid-19 General Awareness Quiz	23 May 2020		National	
102.		2020	Covid-19: Resurgence of Entrepreneurship and Start ups at Indian Glance”	25 May 2020		National	
103.		2020	“This is My Aim”	30 May 2020		National	
104.		2020	“Post Covid Scenario and Atmanirbhar Bharat”	3 June 2020		National	
105.		2020	Science and Engineering for Nature Conservation”	5 June 2020		National	
106.		2020	Workshop on Research Methodology	09 to 15 June 2020		National	
107.		2020	Psychotherapy and Immunity,	11 to 20 June 2020		National	
108.		2020	“Psychological Effects of Covid-19 Pandemic on Indian Society & Solutions”	16 June 2020		National	
109.		2020	“Youth Empowerment and	16 June 2020		National	

			Nation Building”				
110.		2020	Special Reference to Geet, Gazal & Film Music	17 June 2020		National	
111.		2020	Understanding Various Modes of Tribal Development Protecting Their Indigenous Culture from External Influence”	20 June 2020		National	
112.		2020	Gramin Vikas- Enabling Self-Reliant Economy Through techno-Social Innovation in A Perspective of Post Covid-19 Rural India	25 to 27 June 2020		National	
113.		2020	“Art of Research Paper Writhing”	30 June 2020		National	
114.		2020	Building Psychological Resilience in the Community	30 June 2020		National	
115.		2020	Covid-19 Challenges and Opportunities in Higher Education	1 July 2020		National	
116.		2020	“ Bioenergy: Transition and Technology”	3 July 2020		National	
117.		2020	Start up for Atmanirbhar Bharat	6 July 2020		National	
118.		2020	Covid-19: Socio Cultural Implications & Path Ahead	7 July 2020		National	
119.		2020	Psychological Resilience & Physical Health Management: Respond, Recover and Thrive in the Phase of New Normal”	14 July 2020		National	
120.		2020	Career Guidance for Civil Service Examination	15 July 2020		National	
121.		2020	“Awareness on E-commerce”	15 to 17 July 2020		National	
122.		2020	Emerging Tools and Trends in Contemporary Research”	17 to 23 July 2020		National	
123.		2020	Bhagwad Geeta in Day- to - Day Life	18 July 2020		National	
124.		2020	Managing Human Stress and Boosting Immunity in the Era of Covid-19 Pandemic	19 July 2020		National	
125.		2020	Solution of Global Problems by Ashtang Yoga	19 July 2020		National	
126.		2020	Impact of Covid-19 on Education: Shifting Classes to online Mode	23 July 2020		National	
127.		2020	Education & Youth	24 July 2020		National	
128.		2020	Indian Psychology	26 July 2020		National	
129.		2020	Impact of Virus and Vector on Human Health	05 Aug 2020		National	

130.		2020	Pandemic Crisis Confronting Human Survival	6 Aug 2020		National	
131.		2020	Impact of Covid-19 on Labourers and Poverty Stricken in India	8 Aug 2020		National	
132.		2020	How To Stop Heart Attacks	8 Aug 2020		National	
133.		2020	Women Empowerment	09 Aug 2020		National	
134.		2020	Bhartiya Vaangmay mein Jeevan mulyon ki vaishikshak sweekarokti.	07 to 11 Aug 2020		National	
135.		2020	New Education Policy : Prospects and Challenges	14 Aug 2020		National	
136.		2020	Baal Gangadhar Tilak aur Swarajya.	16 Aug 2020		National	
137.		2020	Research Methodology: Research Ethics, Methods, Skills Writing and Communication	19 Aug to 01 Sep 2020		National	
138.		2020	Aatmanirbhar Bharat- Opportunities & Challenges	22 Aug 2020		National	
139.		2020	Concept of Self in Indian Philosophy	25 Aug 2020		National	
140.		2020	Tax Saving & investment During Covid-19	31 Aug 2020		National	
141.		2020	How to use AI Powered tool RAX for Research	20 Sep 2020		National	
142.		2020	Behavioural and Spiritual Practices for Stress Management	24 Sep 2020		National	
143.		2020	Philosophical Counselling- Logic Based Therapy	14 Sep 2020		National	
144.		2020	Vikas ki avdharan va paryavarniya prabhav, shodh Adhyayan aur prativedan.	27 Sep 2020		National	
145.		2020	Employment Prospects in Bihar in the context of Self-reliant India	02 Sep 2020		National	
146.		2020	Veda for World Peace	10 Sep 2020		National	
147.		2020	National Education Policy 2020 a Roadmap for Next two Decades	12 Sep 2020		National	
148.		2020	Health Related Fitness Amidst Covid Pandemic	15 Sep 2020		National	
149.		2020	Scientific Conclusions Need Not Be Accurate Justified or Believed by Their Authors	12 Sep 2020		National	
150.		2020	A Perspective View of Integrated Physical Education Curriculum for Under Graduate Level	24 Sep 2020		National	

151.		2020	Physical Fitness and Covid-19: A Call to Action	18 Sep 2020		National	
152.		2020	Australia mein Hindi.	20 Sep 2020		National	
153.		2020	Suggestions for Making Professional Agricultural Legal Health and Technical Education etc. to be effective	3 Sep 2020		National	
154.		2020	Reframing the Pandemic : Positive Impact of Culture and Society	27 Sep 2020		National	
155.		2020	MSMEs And Role of University	12 Sep 2020		National	
156.		2020	Raashtriyata vedic gyan vigyan karya shala.	23 to 27 Sep 2020		National	
157.		2020	Unique Trends in innovative Teaching Strategies	25 Sept 2020		National	
158.		2020	A Perspective View of Integrated Physical Education Curriculum For Under Graduate level	24 Sept 2020		National	
159.		2020	An International Webinar On Science Religion And Spirituality: Transformations in Self Society And the World and Alternative Planetary Futures	30 Sept 2020		National	
160.		2020	Scope and Possibility of Implementing Academic CSR Plans and Policies	10 Sept 2020		National	
161.		2020	Role of Teachers In Quality Enhancement and Accreditation	8 Oct 2020		National	
162.		2020	Skill Development and Inclusiveness in Teacher Education: Present Scenario and Future Challenges	15 Oct 2020		National	
163.		2020	National Educational Policy 2020	9 Oct 2020		National	
164.		2020	Education Philosophy of Bharat: New Dimensions”	11 Nov 2020		National	
165.		2020	Siksha Niti 2020- Atmnirbhar Bharat ke liye sikshan aur shodh.	11 Nov 2020		National	
166.		2020	Emotional Intelligence and its Peculation	21 <sup>st</sup> Nov 2020		National	
167.		2020	Yoga and Nutrition For Human Welfare	23 Nov 2020		National	
168.		2020	Transforming Lifestyle Through Yoga Darshan & ITS Functional Modes	20 to 26 Nov 2020		National	
169.		2020	Online Teaching-Learning	27 <sup>th</sup> Nov 2020		National	

170.		2020	“Wild Animal (Elephant and Leopard) Awareness”	4 <sup>th</sup> Dec 2020		National	
171.		2020	“Veda for World Peace”	11 <sup>th</sup> Dec 2020		National	
172.		2020	Indian Knowledge System	3 <sup>rd</sup> to 4 <sup>th</sup> Dec 2020		National	
173.		2020	Mutual Solutions of the Society and Corona	19 <sup>th</sup> Dec 2020		National	
174.		2020	Indian Knowledge System	3 <sup>rd</sup> to 4 <sup>th</sup> Dec 2020		National	
175.		2020	Education Philosophy of Bharat New Dimensions	11 Nov 2020		National	
176.		2020	Aatmanirbhar Bharat ke liye sikshan aur shodh.	11 Nov 2020		National	
177.		2020	Yoga and Nutrition for human welfare	23 Nov 2020		National	
178.		2020	Online Teaching Learning	27 Nov 2020		National	
179.		2020	Artificial Intelligence Myths and Realities	29 Nov 2020		National	
180.		2020	Indian Knowledge System	3 & 4 Dec 2020-21		National	
181.		2020	Wild Animal Elephant and leopard Awareness	04 Dec 2020		National	
182.		2020	Gandhi chintan ke pariprekshya mein aatmanirbhar Bharat ki sankalpana.	04 to 05 Dec 2020		National	
183.		2020	Periodic e–Lecture Series	09 to 13 Feb 2021		National	
184.		2020	Exploring Some Aspects of Contemporary Philosophy	18 to 19 Jan 2021		National	
185.		2020	Vedic Vangmay mein vaishwik mahamari ke shaman ke upaya.	20 June 2020		National	
186.		2021	Sidhaantanaam avbodhane nyayanaam upyogita.	17 Feb 2021		National	
187.		2021	Eve of International Day of Yoga-2021	21 June 2021		National	
188.		2021	National Education Policy 2020	21 May 2021		National	
189.		2021	Corona Virus & Vaccination Myths & Facts	06 May 2021		National	
190.		2021	Naya Bharat E-Series	29 /11 to 09/05/21		National	
200.		2021	Philosophy of Yoga, Health and Mental Wellbeing Amidst	24/05 to 24/06/21		National	

			COVID Pandemic				
201.		2021	Skills, Knowledge and opportunities for Teachers in the Present Scenario	11/08/ to 16/08/21		National	
202.		2021	“Role of Teacher in National Education Policy (NEP) Awareness Orientation Challenges & Response”	07/03/21		National	
203.		2021	Ayurveda and Modern Life	03 to 04 Sept. 2021		National	
204.		2021	Sikhshan siksha ke sandarbh mein raashtriya siksha niti 2020.	11 Nov 2021		National	
205.		2021	Role of Teachers in National Education Policy (NEP) Awareness Orientation Challenges & Response.	7 March 2021		National	
206.		2021	Featured Funding Opportunities for NGOs and Academic Institue-November-2021	Nov. 2021		National	

#### Details of Research Projects

Academic Year	Name of the Project	Nature of the project	Name of the funding agency	Amount	Duration	Year
2006	Tratak kriya ka Buddhi Evam Smriti par Prabhav: Ek Adhyayan.	Research projects	CCRYN Ministry of Health Govt. of India	Rs. Two Lakh Seventy five thousand	6 years	2012

#### Honours and recognitions received by teachers (received awards, recognition, fellowships at State, National, International level from Government, recognized bodies during the year)

Academic Year	Year of award	Name of the award/ fellowship/recognition received from Government or recognized bodies	Type of Award
1991-1993	1991	Research fellowship	Govt. of MP. Dept. of Higher Education Research fellowship
1994-1996	1993	UGC	JRF
2004-2005	2004	YUVA YOG RATNA AWARD ( Patanjali Yogvrat Delhi)	INTERNATIONAL
2004-2005	2005	LIFETIME ACHIEVEMENT AWARD	INTERNATIONAL



2005-2006	2006	HONORARY VISITING PROFESSOR OF YOGIC SCIENCE AND SPIRITUALITY	NATIONAL
2021-2022	2021	BRAHMASRI AWARD	NATIONAL

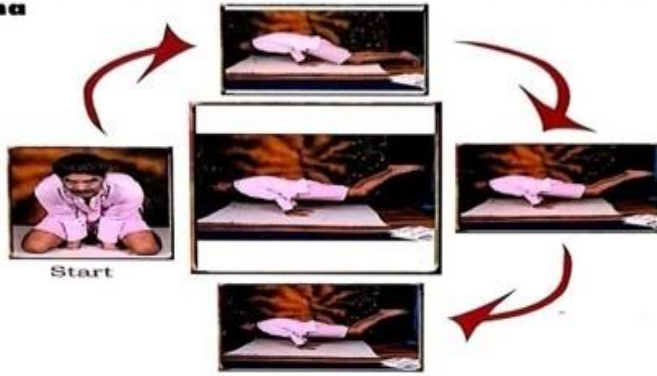
#### Other Relevant Information

- Participated in Refresher course in Philosophy & Yoga (Indio logy)
- Awarded Youva Yoga Ratan Award by 5<sup>th</sup> International Yoga Day Ceremony Committee at IIC New Delhi 2004.
- Lifetime Achievement Award in the area of tertiary education and training 13<sup>th</sup> world environment congress, New Delhi 2005.
- Books published in field of yoga.
- Supervisor for Ph.D. Awarded under Guidance, one submitted, and seven candidates registered for Ph.D. courses work in yoga philosophy.
- As an organizing secretary conducted s4 workshops cum national seminar.
- As a convener, conducted UGC refresher courses (02).
- Organized as a Director's research- 80 research seminars.
- Worked as a Dean, Student Welfare PSSO University, 2010 to 2016.
- Presently coordinating Unnat Bharat Abhyan 2.0 of MMYVV.
- Presently coordinating research department of the MMYVV. Dr.

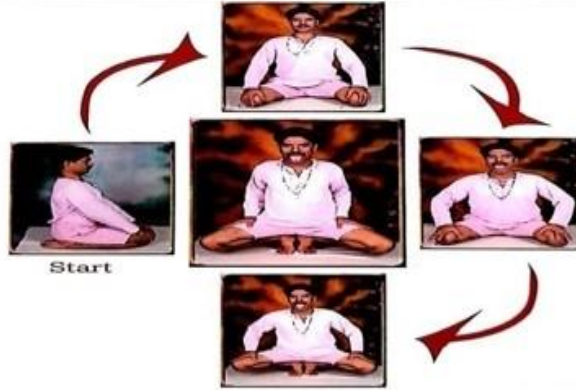
Omnarayan TiwariDean,

Faculty of Yoga Science

**13. Mayura Asana**  
(Peacock Pose)



**14. Simha Asana**  
(Lion Pose)



**1. NETI**

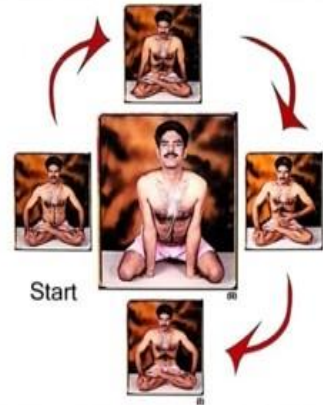
**(i) Sutra Neti**



**(ii). Jala Neti**



**4. KAPAL BHATI**



**2. KUNJALA KRIYA**



**3. DHAUTI**



**(i) Vastra Dhauti**

**(ii) Danda Dhauti**

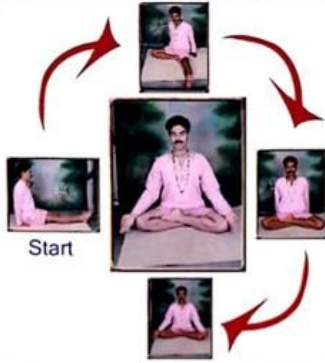


**5. Trataka**

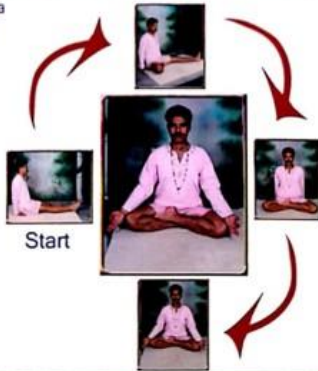


# KEEP FIT YOGIC PRACTICES

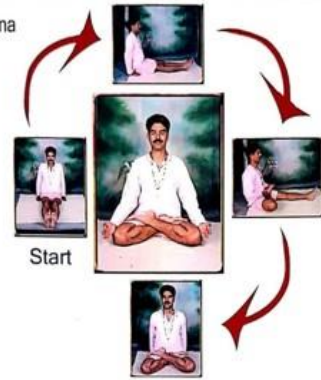
1.Siddha Asana  
(Auspicious Pose)



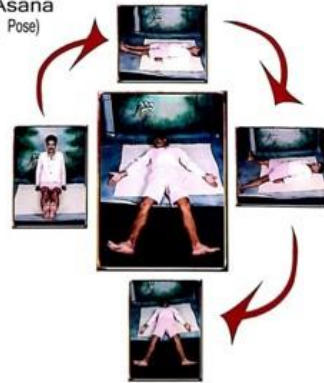
2.Swastika Asana  
(Auspicious Pose)



3.Padama Asana  
(Lotus Pose)



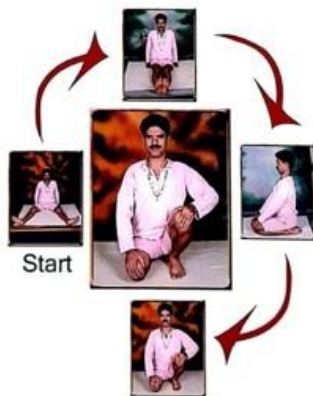
4.Shava Asana  
(Dead Body Pose)



5.Gomukha Asana  
(Cow Pose)



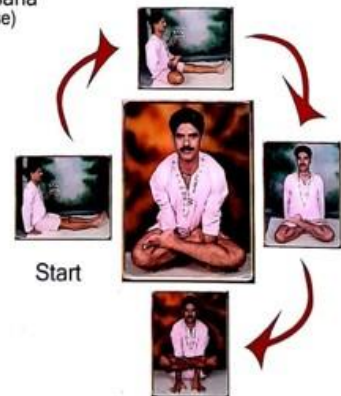
6.Veer Asana



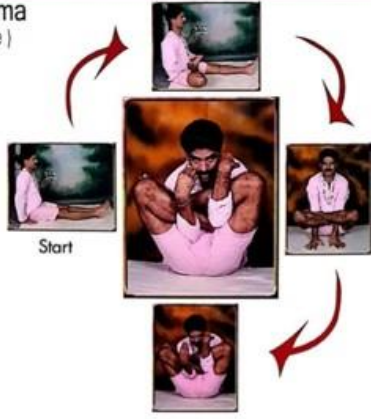
7.Kurma Asana  
(Tortoise Pose)



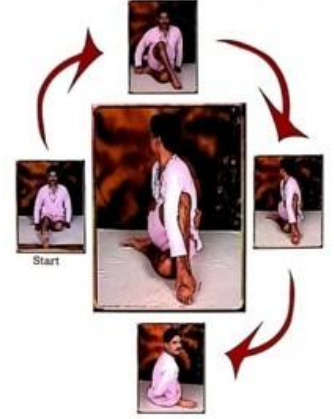
8.Kukuta Asana  
(Cock Pose)



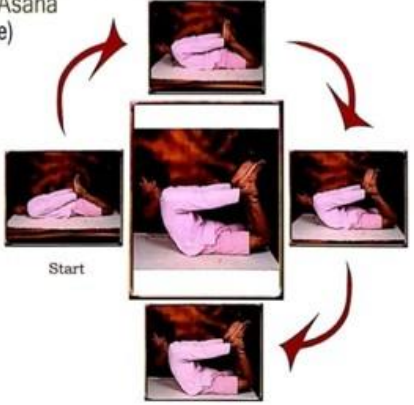
9.Uttan Kurma  
(Stretching Tortoise Pose)



11.Archa Matsyendra Asana  
(Half Matsyendra Pose)



10.Dhanura Asana  
(Bow Pose)



12.Paschimotana Asana  
(Passive Stretching Pose)

