

CURRICULUM VITAE

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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. Qualifications

1.1. Academic Qualifications

S. No	Degree	Subject	Institute/Board	Passing Year/ Date of Submission	CGPA/ Percentage/ Status
1	Ph.D.	Human Consciousness, Yoga, and Health	Dev Sanskriti Vishwavidyalaya, Haridwar	2012	Awarded
2	M.Sc.	Human Consciousness & Yogic Science	Dev Sanskriti Vishwavidyalaya, Haridwar	2007	First

1.1.1. Brief Description of PhD

Title of PhD Thesis	Date of registration	Date of submission	Degree Awarded
Yogic Intervention for Coping with Distress in Corporate Circles	December 28, 2008	November 19, 2012	December 09, 2012
Salient features of PhD: The skyrocketing job stress and worsening health in corporations warranted assessing the efficacy of yoga for stress management and health promotion. This study evaluated the effectiveness of integrated yogic intervention (IYI) on health and predicted the relationship between physical and emotional health after the 45-day IYI. 150 corporate staff were recruited by using equal-sized two-armed randomised control trials. A split plot ANOVA with post hoc analyses was run to check intra- and inter-group differences in distress, measured by the Cornell Medical Index Health Questionnaire. IYI significantly reduced overall distress in the yoga group compared to the controls and hence might be an inexpensive and harmless option to mitigate distress and improve the psychosomatic health of the workforce. Emotional health is to be bettered to empower physical health.			

1.2. Additional Qualification

S. No	Degree/ Certificate	Subject	Year	Reference Number
1	UGC-NET	Yoga	2018	UK0302501644

2. Work Experiences

2.1. Teaching

S. No	Designation	Institution	Dates	Status	Key Responsibilities
1	Associate Professor	University of Patanjali	25 July 2023-present	Permanent	Teaching PG/PhD level Yoga Therapy, Research Ethics, Science of Yoga, Research Methods and Statistics, Diet and Nutrition, Complementary and Alternative Therapies, Naturopathy, Yoga Practical, PG Dissertation, and PhD Guidance
2	Assistant Professor	University of Patanjali	1 September 2012- 24 July 2023	Permanent	Teaching PG/PhD level Research Methods and Statistics, Complementary and Alternative Therapies, Science of Yoga, Lifestyle Management, Diet and Nutrition, Naturopathy, Yoga Therapy, Human Biology, Yoga Practical, PG Dissertation, and PhD Guidance
3	Guest Professor	Patanjali Bhartiya Ayurvedigyan Evam anusandhan Sansthan	1 July 2016 - Present	Guest Faculty	Teaching Biostatistics to MD Ayurveda Students
4	Demonstrator	Dev Sanskriti Vishwavidyalaya	2 February 2009 - 31 July 2009	Temporary	Teaching Postgraduate Yoga Therapy, Research Methodology, Statistics, and Human Consciousness

2.2 Research

S. No	Designation	Institution	Dates	Status	Key Responsibilities
1	Research Coordinator	The Knowledge Workers' Network under Divya Yog Mandir Trust, headquartered at Patanjali Yogpeeth	01 August 2009 - 31 August 2011	Contractual	Project Development, Research, Facilitation, Coordination, and Administration

2.3 Administrative Experience/ Memberships

S. No	Position	Organization	Dates	Responsibility
1	Member Secretary of the Institutional Ethics Committee	University of Patanjali	15 June 2018 - Present	Research Proposal review, scheduling meetings, coordination, communication, moderating discussions and meetings, preparing and circulating minutes, monitoring research progress, and ethical compliance
2	University Nodal Officer for AISHE, MoE, Govt of India	University of Patanjali	22 February 2012 - Present	Data Collection, Collation, Compilation, Annual Report Preparation, and Submission to AISHE, MoE
3	Course coordinator of the Department of Yoga Science (UG, PGD, and PG), and	University of Patanjali	29 January 2016 - Present	Designing & revising curricula and course contents, Teaching and Research Supervision, Mentoring, Therapeutic Consultancy, Counselling and Leadership
4	Course coordinator of PhD	University of Patanjali	30 December 2016 - Present	Drafting, getting approval, and implementing PhD/MPhil Courses Work, Rules and Regulations, Forms, Proformas and Annexures from Entry to Final Viva Voce, Supervising PhD Progress, Managing JRF/SRF or other fellowships, Fellowship in UGC portal, Teaching Course Work and PhD supervision as Guide and Co-guide
5	Controller of Examinations	University of Patanjali	16 December 2016 - 31 December 2016	Preparing and Executing the Formative and Summative Exam Scheme of the University
6	Convener of Admission Tests	University of Patanjali	29 May 2017 - 31 July 2018	Designing the layouts of the written tests and interviews, overseeing admission-related interviews, preparing results, and facilitating admissions at UOP
7	Boys' Hostel Warden	University of Patanjali	31 October 2015 - 10 October 2017	Hostel Management

2.4 Memberships

S. No	Position	Institution/ Journal/ Publisher	Dates	Responsibility/ Role/ Contribution
1	Member	National Assessment and Accreditation Council, An Autonomous Institution of the UGC	September 27, 2024- Present	Nominated Expert to review and edit "Manual for Yoga Higher Education Program Accreditation"
2	Member	American Psychological Association	January 2024- Present	Participation and support to promote the advancement, communication, and application of psychological science and knowledge.
3	Member	Maharishi Panini Sanskrit Evam Vedic Vishwavidyalaya	July 01, 2025-Present	External Board Member in Faculty of Ancient Sciences
4	Member of the Institutional Research Committee	University of Patanjali	7 July 2016 - Present	Framing and Reviewing Research Rules and Regulations, Review and Monitoring Institutional Research Activities
5	Member of the Internal	University of Patanjali	05 October 2020 - Present	Identify challenges in teaching, learning, research,

	Quality Assurance Cell (IQAC)			infrastructure, curricula, courses, and staff empowerment programs. Propose effective remedial measures to address these issues and improve education quality and professional development.
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3. Publications

3.1. Research Papers in Peer-Reviewed Journals

S. No	Title	Year of Pub.	Name of the Journal & ISSN	Volume (Issue) Page No	Author	Level (Peer reviewed/ UGC Listed)	Indexing	Impact Factor (5 Yrs)
1	Yogic gut aeration techniques to inhibit Helicobacter pylori-induced acid peptic diseases: A pilot randomized controlled trial	2025	<i>Journal of Ayurveda and Integrative Medicine</i> 0975-9476	16(5) https://doi.org/10.1016/j.jaim.2025.101195	Corresponding Author		SCOPUS and SCI	2.1
2	Development and Validation of a Viable Model and Measure of Yogic Leadership: A Novel and Holistic Paradigm	April 2025	<i>Human Behavior and Emerging Technologies</i> 25781863	https://doi.org/10.1155/hbe2/5105841	Corresponding Author		SCOPUS and SCI	6.7
3	Development and Validation of Yogic Personal Excellence Inventory	2025	<i>Journal of Ayurveda and Integrative Medicine</i> 0975-9476	16(3) https://doi.org/10.1016/j.jaim.2024.101122	Lead and Corresponding Author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	2.1
4	Effect of Yoga Therapy on Hypothyroidism: A Systematic Review	2024	<i>Annals of Neurosciences</i> Print: 0972-7531 Online: 0976-3260	0(0) 097275312 41282516. Advanced online publication https://doi.org/10.1177/09727	Lead and Corresponding Author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	2

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5	Effects of Ashwagandha (Withania Somnifera) on stress and anxiety: A systematic review and meta-analysis	2024	<i>Explore</i> Print: 1550-8307 Online: 1878-7541	20(6), 103062 https://doi.org/10.1016/j.explore.2024.103062	Co-author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	1-2
6	Traditional Formulations for Managing COVID-19: A Systematic Review	2023	<i>Journal of Integrative and Complementary Medicine</i> Print: 2768-3605 Online: 2768-3613	30(5), 420–430 https://doi.org/10.1089/jicm.2023.0177	Lead and Corresponding Author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	1-2
7	Yoga perspective on personal excellence and well-being.	2023	<i>Journal of Ayurveda and Integrative Medicine</i> 0975-9476	14(3), 100717 https://doi.org/10.1016/j.jaim.2023.100717	Corresponding Author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	2.1
8	Relationship Between Spirituality and Distress in Ascetics	2023	<i>Psychological reports</i> Print: 0033-2941 Online: 1558-691X	126(1), 169–180 https://doi.org/10.1177/00332941211104345	Lead and Corresponding Author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	2-5
9	Online Yoga and Ayurveda Intervention as Tertiary Prevention of Psychological Comorbidities in COVID-19 Survivors: A Randomized Controlled Trial.	2022	<i>Annals of Neurosciences</i> Print: 0972-7531 Online: 0976-3260	29 (4), 233-244 https://doi.org/10.1177/09727531221117623	Sole Author	UGC-CARE Group II & Peer Reviewed	SCOPUS and SCI	2
10	Evaluating Yoga-Based Intervention Versus the American Diabetes Association Exercise	2024	<i>Cureus Journal of Medical Sciences</i> 2168-8184	16(5), e61329 https://doi.org/10.7759/cureus.61329	Co-author	Peer Reviewed	SCI	1-2

	Regimen in Conjunction With Standard Care for Autonomic Neuropathy in Diabetes Mellitus: An Exploratory Clinical Trial							
11	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.	2024	<i>Cureus Journal of Medical Sciences</i> 2168-8184	10(4), e58434 https://doi.org/10.7759/cureus.58434	Co-author	Peer Reviewed	SCI	1-2
12	Prevalence of Internet Addiction among Students at an Indian Higher Educational Institution and Some Proposed Yogic Prescriptions for Its Mitigation.	2023	<i>Integrative Medicine Case Reports</i> 2582-6255	4(1), 3-8 https://doi.org/10.38205/IMC.R.040103	Lead and Corresponding Author	Peer Reviewed	DOAJ	None
13	Leadership Concepts in Yogic Texts	2022	<i>Vadika Vaagjyotih</i> 2277-4351	10 (19), 108-124	Co-author		UGC-CARE Group I	None
14	Review on the effect of yoga and lifestyle moderation on gastrointestinal diseases	2018	<i>Journal of Harmonized Research in Applied Science</i> 2321-7456	6(3), 200-204	Co-Author	Peer reviewed	UGC Listed	None
15	Yogic intervention for coping with distress	2017	<i>Journal of Clinical and Diagnostic Research</i> 0973-709X	11(12), OC44-OC49 10.7860/JCDR/2017/29332.10944	Sole Author	Peer Reviewed	EMBAS E	None

16	Yoga Practices for different Blood types based on Occidental – Oriental Food habits	2017	<i>International Journal of Health</i> 2309-1630	5(2), 129-133	Co-Author	Peer Reviewed	EBSCO	None
17	Yogic prescriptions for corporate wellness and excellence-II	2011	<i>Sociology Study</i> 2159-5526	1(3), 230-240	Lead and Corresponding Author	Peer Reviewed	SSRN	None
18	Effect of Yogic package on rheumatoid arthritis	2011	<i>Indian Journal of physiology and pharmacology</i> Print: 0019-5499 Online: 2582-2799	55(4), 329-335 PMID: 23362725	Corresponding Author	Peer Reviewed	PubMed	<1
19	Effect of Suryabhedana Pranayama and Kapalbhathi on logical memory of college girls	2009	<i>Yoga-mīmāṃsā</i> Print: 0044-2487 Online: 2394-2487	2, 301-316	Lead Author	Peer Reviewed	UGC-Care Group I	None

3.2. Publications (Other than Research Papers)

S. No	Title	Publication Type	Editor, Book Title	ISBN	Author	Year of Publication	Publisher
1	Standard Operating Procedure for Common Yoga Protocol	Sub-Chapter	Anand, A. (eds) Manual of Yoga Techniques	Accepted	Lead and Corresponding Author	2025	Springer Nature
2	Standard Operating Procedure for Diabetes Yoga Protocol	Sub-Chapter	Anand, A. (eds) Manual of Yoga Techniques	Accepted	Lead and Corresponding Author	2025	Springer Nature
3	Standard Operating Procedure for COVID-19 Yoga Protocol	Sub-Chapter	Anand, A. (eds) Manual of Yoga Techniques	Accepted	Lead and Corresponding Author	2025	Springer Nature
4	Standard Operating Procedure for Common Y-break Protocol	Sub-Chapter	Anand, A. (eds) Manual of Yoga Techniques	Accepted	Lead and Corresponding Author	2025	Springer Nature
5	Psychosocial Implications of Yoga for Healthcare Workers	Book Chapter	Anand, A. (eds) Neuroscience of Yoga	Print: 978-981-97-2850-3 Online:	Lead and Corresponding Author	2024	Springer Nature

	During COVID-19.			978-981-97-2851-0			
6	Basics of Acupressure Therapeutics	Book Chapter	A. K. Bhardwaj (Ed.), Mind-Body Practices	9789382297642	Lead and Corresponding Author	2022	Crossbill Publishing Company
7	Basic concepts of yoga and nature cure	Book Chapter	Handu, S. & Saxena, V. (Ed.). Fundamentals of AYUSH: An Introductory Course on AYUSH for Health Professionals	9789353822156	Lead and Corresponding Author	2019	AIIMS Rishikesh
8	Yogic and natural diagnostic techniques	Book Chapter	Handu, S. & Saxena, V. (Ed.). Fundamentals of AYUSH: An Introductory Course on AYUSH for Health Professionals	9789353822156	Lead and Corresponding Author	2019	AIIMS Rishikesh
9	Management Tactics in Ramayan- An Ethical Approach	Book Chapter	Singh-Sengupta, S. (Ed.) Vedic Foundations of Indian Management	978-81-920639-1-1	Corresponding Author	2012	ISOL Foundation, New Delhi
10	Implications of Corporate Yoga: A Review	Book Chapter	G. Naik (Ed.), Applied Biological Engineering: Principle and Practice.	Print: 978-953-51-0412-4 Online: 978-953-51-6175-2	Lead and Corresponding Author	2011	Rijeka, Croatia: INTECH
11	Yogic prescription for organisational wellness and excellence- I	Book Chapter	Singh-Sengupta, S. (Ed.), Compendium on Integrating Spirituality and Organizational Leadership	9789385355059	Lead and Corresponding Author	2011	ISOL Foundation, New Delhi
12	Spirituality and Entrepreneurship: A Case Study of	Book Chapter	Singh-sengupta, S. (Ed.). Compendium on Integrating	9385355058	Lead and Corresponding Author	2010	ISOL Foundation, New Delhi

	Patanjali Yogpeeth		Spirituality and Organizational Leadership				
13	Corporate Yoga and Its Implications	Conference Proceeding	Lim C.T., Goh J.C.H. (Eds.). 6th World Congress of Biomechanics (WCB 2010). August 1-6, 2010, Singapore. IFMBE Proceedings, Vol 31.	978-3-642-14514-8	Lead and Corresponding Author	2010	Springer

3.3. Editorship

S. No	Position	Institution/ Journal/ Publisher	Dates	Responsibility/ Role/ Contribution
1	Academic Editor	<i>Human Behavior and Emerging Technologies</i> , published by Wiley 5-Year Impact Factor: 6.0 Scopus Cite Score: 11.3 JCI: 2.09	April 17, 2024-Present	Editorial review of the manuscript, peer reviewers' assignment, reviewing referees' comments, and recommendation of the manuscript acceptance/rejection/revision
<u>Articles Published as the Academic Editor</u> <ol style="list-style-type: none"> Alqahtani, F., & Orji, R. (2025). The Effectiveness of Technology-Based Interventions for Mental Health and Well-Being: A Systematic Review. <i>Human Behavior and Emerging Technologies</i>, 2025(1), 8111089. https://doi.org/10.1155/HBE2/8111089 Poggianti, C., Chessa, S., Pelagatti, S., & Kocian, A. (2025). Immersive Technologies for Inclusive Digital Education: A Systematic Survey. <i>Human Behavior and Emerging Technologies</i>, 2025(1), 8888303. https://doi.org/10.1155/HBE2/8888303 Somoray, K., Miller, D. J., & Holmes, M. (2025). Human Performance in Deepfake Detection: A Systematic Review. <i>Human Behavior and Emerging Technologies</i>, 2025(1), 1833228. https://doi.org/10.1155/HBE2/1833228 Strübel, J., Sabik, N., Baker, N., Leger, R., & Peña, P. (2025). Affective Responses to 3D Body Scan Technology: An Exploratory Study. <i>Human Behavior and Emerging Technologies</i>, 2025(1), 9126536. https://doi.org/10.1155/HBE2/9126536 				
2	Academic Editor	Yoga Curricula and Courses running at the Department of Humanities and Social Sciences, National Institute of Technology , Raipur, Chhattisgarh	August 8, 2022 to September 28, 2024	Contributed as an Academic Editor of an elective Yoga Course designed for engineering students

3.4. Reviewer's Role in Scholarly Journals/Books

3.4.1. Reviewer of the Manuscript Number: JOHS-D-25-00393 entitled "Factors of a good life: a

- literature review of well-being as defined by indigenous peoples” submitted to *Journal of Happiness Studies* on September 5, 2025.
- 3.4.2. Reviewer of the Manuscript No. ID JHP-25-0698 entitled "Does taking yoga “off the mat” moderate associations of amount of recent yoga practice with coping, stress, and distress?" for the *Journal of Health Psychology* on July 05, 2025.
 - 3.4.3. Reviewer of the Manuscript No. PSYI-D-24-00170 entitled “Can Stretching plus Meditation in Forested Areas Be a Complementary Strategy to Reduce Adults’ Depressive Symptoms? Preliminary Results from a Pilot Randomized Controlled Trial submitted to *Psychological Studies* on August 10, 2025.
 - 3.4.4. Reviewer of Manuscript YMEHY-D-25-00376 titled “Rethinking Testosterone Normalcy - A Hypothesis of Organ-Specific Thresholds” in *Medical Hypotheses* dated May 26, 2025.
 - 3.4.5. Reviewer of the manuscript No: JHP-2025-Jul-8193 entitled "Self-Transcendence or Self-Enhancement? Paradox of Mindfulness, Spirituality, and Self-Enhancement Bias" for the *Journal of Humanistic Psychology* dated September 11, 2025.
 - 3.4.6. Reviewer of the Manuscript No: "Non-Pharmacological Interventions for Postpartum Anxiety: A Literature Review and Implications for Mental Health Practice in Palestine"" Thank you for submitting your report to *BMC Pregnancy and Childbirth* on August 15, 2025.
 - 3.4.7. Reviewer of the Manuscript No # AJHP-24-0431.R1 entitled "Gender and age-related differences in health behaviors, biometrics, and emotional wellbeing in senior-level executives" for *American Journal of Health Promotion* on August 10, 2025.
 - 3.4.8. Reviewer of Manuscript YMEHY-D-25-00376 titled “Rethinking Testosterone Normalcy - A Hypothesis of Organ-Specific Thresholds” in *Medical Hypotheses* dated May 26, 2025.
 - 3.4.9. Reviewer of Manuscript YMEHY-D-25-00145 titled “Psycho-Neuroendocrine-Immune Interpretation Of Schizophrenia Pathogenesis And Treatment. A Rationale For A Neuroendocrine Therapy Of Schizophrenia” in *Medical Hypotheses* dated March 21, 2025.
 - 3.4.10. Reviewer of Manuscript JOHS-D-23-01165R1 "Positive Cognitive-behavioral Therapy to promote satisfaction with life in people who have experienced a stressful event: a randomized clinical trial” (April 10, 2025). *Journal of Happiness Studies*. IF: 4.5
 - 3.4.11. The effectiveness of nurse-led interventions in caring for patients with depressive disorders: a systematic review" (March 3, 2025). *BMC Psychiatry*. IF: 4.2
 - 3.4.12. Reviewer of Manuscript CUPS-D-24-09292, "Psychometric Properties and Construct Validity of the Armenian-language SF-36 in a Sample of Older Adults" (March 10, 2025). *Current Psychology*. IF: 2.6
 - 3.4.13. Reviewer of Manuscript YMEHY-D-25-00145 “Psycho-Neuroendocrine-Immune Interpretation of Schizophrenia Pathogenesis and Treatment: A Rationale for A Neuroendocrine Therapy of Schizophrenia” (March 21, 2025). *Medical Hypotheses*. IF: 2.4
 - 3.4.14. Reviewer of Manuscript AON-2024-0169 entitled “Effect of Mind Sound Resonance Technique (MSRT) on Cognitive and Psychophysiological Functions in College Students: A Randomized

- Controlled Study”. *Annals of Neurosciences* (19-Dec-2024). **IF: 1.6 & CS: 2.5**
- 3.4.15.** 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**
- 3.4.16.** 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**
- 3.4.17.** Reviewer of Manuscript JHP-2024-May-7819 entitled "Brief Transactional Analysis Psychotherapy for Depression: A Pilot Randomized Controlled Trial". *Journal of Humanistic Psychology* (10-Jul-2024). **CS: 5.4 & IF: 1.6**
- 3.4.18.** 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**
- 3.4.19.** 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**
- 3.4.20.** 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*. **IF: 1.7 & Cite Score: 4**
- 3.4.21.** 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**
- 3.4.22.** Reviewed Manuscript ID PRX-23-1257 entitled “Investigating Selective Self-Stereotyping Among African Americans”. *Psychological Reports*. **Impact Factor: 2.3**
- 3.4.23.** 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”. *Journal of Happiness Studies*. **Impact Factor: 4.7**
- 3.4.24.** 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”. *Journal of Traditional and Complementary Medicine*. **Impact Factor: 4.5 and Cite Score: 8.5.**
- 3.4.25.** 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”. *Journal of Traditional and Complementary Medicine*. **Impact Factor: 4.5 and Cite Score: 8.5.**
- 3.4.26.** Reviewed Manuscript ID: JAIM-D-22-00834R2 titled “Clinical benefits of Yoga in RCTs published in 2021: A Mapping Review”. *Journal of Ayurveda and Integrative Medicine*. **Cite Score: 4**

- 3.4.27. Reviewed Manuscript ID: APSHW-Mar-2023-0167 entitled “The effects of online Yoga among University students during Covid-19: A randomized controlled trial”. *Applied Psychology: Health and Well-Being*. **Impact Factor: 7.521.**
- 3.4.28. 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”. *Journal of Happiness Studies*. **Impact Factor: 4.7**
- 3.4.29. Reviewed Manuscript ID: 1074300 entitled “Yoga: as a tool to manage Occupational Stress in Regimented Forces”. *Frontiers in Human Neuroscience*. **Impact Factor: 3.5**
- 3.4.30. Reviewer of Manuscript: ID JHP-21-0926, entitled “Role of Cultural Resources in Mental Health: An Existential Perspective”. *Journal of Health Psychology*. **Impact Factor:3.7**
- 3.4.31. Reviewer of Manuscript: ID JHP-21-0314 entitled “Mediators and moderators of physical activity changes in a school-based intervention targeting childhood obesity”. *Journal of Health Psychology*. **Impact Factor: 3.7**
- 3.4.32. 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”. *Psychological Reports*. **Impact Factor: 2.3**
- 3.4.33. Reviewed Manuscript ID: 1305 entitled “Role of Yoga in Adolescent Mental Health: A Narrative Review”. *Advances in Mind-Body Medicine*. (PubMed Indexed)
- 3.4.34. Reviewed “Yoga Practice Facilitates Prefrontal Oxygenation and Working Memory in Type 2 Diabetes Mellitus Patients: A Pilot Study”. *Advances in Mind-Body Medicine*. (PubMed Indexed.)
- 3.4.35. Reviewer of Manuscript entitled “Changes in Heart Rate Variability and Executive Functions following Yoga Practice in type-2 Diabetes Patients”. *Advances in Mind-Body Medicine*. (PubMed Indexed)
- 3.4.36. 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, to be published by Springer Nature.
- 3.4.37. Reviewer of Manuscript: ym_15_22 entitled “A cross-sectional study on impulsiveness, mindfulness, and WHO quality of life in heartfulness mediators. *Yoga Mimamsa*.
- 3.4.38. Reviewed the article “Brief Mindfulness Findings and Cancer Related Pain” (Man No: JAMR-16-SC-105) on 30th June 2016. *Journal of Alternative Medical Research*, Elyns Group, 648 Cheryl Dr, Iselin, NJ 08830, USA.
- 3.4.39. Reviewed Manuscript No: 090920198232 titled “Effect of Antenatal Yoga on Labour Outcomes- Study from a Tertiary Hospital in South India” September 13, 2019. *International Journal of Gynecology and Obstetrics Research* of Premier Publishers, USA.
- 3.4.40. 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.

4. Curriculum, Course Contents, and Yoga Protocol Design and Validation

- 4.1. Worked as an Academic Editor of an elective Yoga Course designed for engineering students in the Department of Humanities and Social Sciences, National Institute of Technology, Raipur, Chhattisgarh, on 28th September 2024.
- 4.2. Designed syllabi on “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.
- 4.3. Contributed as a lead expert to work out 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.
- 4.4. Revised and updated course contents of MSc Yoga from academic sessions 2016-17 to 2024-25 at the University of Patanjali.
- 4.5. Designed and revised MSc Yoga in the Choice Based Credit System curriculum in Academic Session 2019-20 at the University of Patanjali.
- 4.6. 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.
- 4.7. Yoga Protocol for Acid Peptic Diseases (CTRI: CTRI/2018/12/016506).
- 4.8. Yoga Protocol for Optimizing Affective, Cognitive, and Conative Performance of Corporate Staff (CTRI: CTRI/2018/12/016507).
- 4.9. Yoga Protocol for Polycystic Ovary Syndrome (CTRI: CTRI/2020/04/024602).
- 4.10. Yoga Protocol for Hypothyroidism (CTRI: CTRI/2021/08/046619).
- 4.11. Yoga Protocol for Autonomic Diabetic Neuropathy (CTRI: CTRI/2021/12/039068).
- 4.12. Yoga Protocol for Covid-19 Induced Psychological Comorbidities (CTRI: CTRI/2021/05/033793).

5. Research Guidance

5.1. Guided, submitted, and ongoing PhDs

S. No	Student Name	Reg.No./ Enrol. No.	Institute/ University	Topic	Batch	Status	Guide/ Co-guide	(Sole/ Joint) Supervision
1	Rohini Dhyama	2017/UO P/PhD-YS/172708/06	Department of Yoga Science, University of Patanjali	<i>Efficacy of yogic gut aeration technique to inhibit H. Pylori Infection induced Acid Peptic Diseases: A Randomized Controlled</i>	2017-2022	Awarded	Guide	Joint

				<i>Trial</i>				
2	Shakshi Sharma	2017/UO P/PhD-YS/172696	Department of Yoga Science, University of Patanjali	<i>Efficacy of integral yogic intervention on affective, cognitive, and behavioral outcomes of corporate staff: A Randomized Controlled Trial</i>	2017-2022	Awarded	Guide	Sole
3	Nidhi Chaudhary	2021/UO P/PhD/PhD-YS/171935/12	Department of Yoga Science, University of Patanjali	<i>Developing a viable yogic model, self-report measure, and protocol of personal excellence.</i>	2019-2024	Awarded	Guide	Sole
4	Neha Sangodkar	2021/UO P/PhD/PhD-YS/172079/16	Department of Yoga Science, University of Patanjali	<i>Developing a viable yogic model, self-report measure, and protocol of personal excellence.</i>	2019-2024	Submitted	Guide	Sole
5	Pintu Mahato	2019/UO P/PhD-YS/172182/03	Department of Yoga Science, University of Patanjali	<i>Yogic management of hypothyroidism: A Randomized Controlled Trial</i>	2019-2024	Submitted	Guide	Joint
6	Karuna	2017/UO P/PhD-SK/172690/01	Department of Sanskrit, University of Patanjali	<i>Analytical Study of Ayurvedic Nighantu Texts</i>	2017-2022	Awarded	Co-Guide	Joint
7	Swati Arya	2019/UO P/PhD-SK/172691/02	Department of Sanskrit, University of Patanjali	<i>Mudrit Ayurvedic Nighantau Me Prachalit Appath: Ek Samikshatmak Adhyan</i>	2017-2022	Awarded	Co-Guide	Joint
8	Surendra	2021/UO P/PhD-YS/207521/27	Department of Yoga Science, University of Patanjali	<i>Scientific and applied model of Panchakoshi Yoga Sadhana</i>	2020-2025	Submitted	Co-Guide	Joint
9	Ramesh Kumar	201905006	AIIMS, Rishikesh	<i>Comparative assessment of Yoga-based intervention versus American Diabetes Association exercise regimen along with standard of care for Autonomic Neuropathy in diabetes mellitus: An Exploratory clinical trial.</i>		In Progress	Co-Guide	Joint
10	Neha Vashist	2021/UO P/PhD-YS/207514/18	Department of Yoga Science, University of Patanjali	<i>Yogic Management of Polycystic Ovary Syndrome-Induced Infertility: A Randomized Controlled Trial</i>	2020-2025	In Progress	Co-Guide	Joint
11	Devender Thakur	2313407	Department of Yoga Science, University of Patanjali	<i>Workplace Yoga Protocol for optimizing health, Health Behaviors, and Work Performance: A randomized controlled</i>	2023-2028	In Progress	Guide	Joint

				<i>trial.</i>				
12	Yancy	2313397	Department of Yoga Science, University of Patanjali	<i>Integral Yoga Protocol for Phubbing, Internet addiction, and impulsiveness in secondary school students: A randomized controlled trial.</i>	2023-2028	In Progress	Guide	Joint
13	Prabhunaraayan Kushawaha	2313399	Department of Yoga Science, University of Patanjali	<i>Integral Yoga Protocol for Managing Premenstrual Syndrome: A Randomized Controlled Trial.</i>	2023-2028	In Progress	Guide	Joint
14	Komal	196207	Department of Yoga Science, University of Patanjali	<i>Integral Yoga Protocol for Managing Premenstrual Syndrome: A Randomized Controlled Trial.</i>	2023-2028	In Progress	Guide	Joint
15	Arti Saini	2313518	Department of Yoga Science, University of Patanjali	<i>Yogic Gut Aeration for Managing Helicobacter Pylori Induced Functional Dyspepsia: A Randomized Controlled Trial.</i>	2023-2028	In Progress	Guide	Joint
16	Rishika Payal	2313519	Department of Yoga Science, University of Patanjali	<i>Yogic Gut Aeration for Managing Helicobacter Pylori Induced Functional Dyspepsia: A Randomized Controlled Trial</i>	2023-2028	In Progress	Guide	Sole
17	Sunu Khadka	2313404	Department of Yoga Science, University of Patanjali	<i>Onsite Yoga Protocol for Improving Mental Health, Worker Well-being and Productivity: A Randomised Controlled Trial</i>	2023-2028	In Progress	Guide	Sole
18	Suraj Nishad	208362	Department of Yoga Science, University of Patanjali	<i>Onsite Yoga Protocol for Improving Mental Health, Worker Well-being and Productivity: A Randomised Controlled Trial</i>	2023-2028	In Progress	Guide	Sole

5.2. Guided PG Dissertations

S. No	Name	Enrollment No.	Institute / College/ University	Title	Year of completion	Supervision (Sole/ Joint)
1	Tamanna Verma	2313745	Department of Yoga Science, University of Patanjali	Relationship among sexual function, self-esteem and body image in females	2025	Sole
2	Bhumika Singh	2313739	Department of Yoga Science, University of	Comparing personal excellence between	2025	Sole

			Patanjali	ascetics and non-ascetics		
3	Rakshita Pandey	1523047	Department of Yoga Science, University of Patanjali	Comparison of sexual function between women with and without yoga lifestyle	2025	Sole
4	Gunjan Motiyani	2313736	Department of Yoga Science, University of Patanjali	Yogic perspective on stress	2025	Sole
5	Yashika	2314055	Department of Yoga Science, University of Patanjali	Relationship between employees' mental health, lifestyle and work performance	2025	Sole
6	Deepika Ghangas	2313755	Department of Yoga Science, University of Patanjali	Relationship between employees' physical health, lifestyle and work performance	2025	Sole
7	Deepti	2313748	Department of Yoga Science, University of Patanjali	Assembly yoga protocol for improving impulsiveness, mindfulness and health behaviors: A quasi-experimental study	2025	Sole
8	Shatakshi Tyagi	2313706	Department of Yoga Science, University of Patanjali	Relationship among lifestyle, internet addiction and health	2025	Sole
9	Kothiyal Ayush Harish Prasad	2314387	Department of Yoga Science, University of Patanjali	Assembly yoga protocol for improving phubbing, and internet addiction: A quasi-experimental study	2025	Sole
10	Moksh Chauhan	2313673	Department of Yoga Science, University of Patanjali	Effect of yoga module on gait, muscle strength, and quality of life in geriatric population	2025	Principal Guide with one co-guide
11	Nitish Shukla	207610	Department of Yoga Science, University of Patanjali	Comparison of health behaviors and psychological well-being between yoga practitioners and non-practitioners	2025	Sole
12	Sikha Kala	2313694	Department of Yoga Science, University of Patanjali	Comparison of Emotional Intelligence between yoga students with and without classical music practice	2025	Sole
13	Purva	2211471	Department of Yoga Science, University of Patanjali	Effect of yoga on premenstrual syndrome: A systematic review	2024	Sole
14	Tanwangi	2211462	Department of Yoga Science, University of Patanjali	Yogic Perspective of Human Consciousness	2024	Sole
15	Rashmi Pandey	2211461	Department of Yoga Science, University of	Diet as a moderator between lifestyle and	2024	Sole

			Patanjali	wellness		
16	Sakshi Bashata	2211445	Department of Yoga Science, University of Patanjali	Effect of yoga on gastrointestinal diabetes mellitus: a systematic review	2024	Sole
17	Vaishnavi Lodhi	2211444	Department of Yoga Science, University of Patanjali	Association Between Prakriti and Personality	2024	Sole
18	Dheeraj Dabas	184207	Department of Yoga Science, University of Patanjali	Effect of Yoga on irritable bowel syndrome: A systematic review	2023	Sole
19	Arpita Shah	184124	Department of Yoga Science, University of Patanjali	Effect of yogic practices on obesity: A review.	2023	Sole
20	Rashmi Saini	184128	Department of Yoga Science, University of Patanjali	Effect of yogic package on childhood obesity: A Review	2023	Sole
21	Ramesh Misra	219327	Department of Yoga Science, University of Patanjali	Effectiveness of yoga on prenatal depression: A systematic review	2023	Sole
22	Anjali Negi	219480	Department of Yoga Science, University of Patanjali	A Comparative Study of Female Sexual Functions Among Women with Yoga and Non-Yoga Lifestyle.	2023	Sole
23	Kreena Sodha	184148	Department of Yoga Science, University of Patanjali	Effectiveness of yoga on premenstrual syndrome: A systematic review	2023	Sole
24	Parul Chauhan	219329	Department of Yoga Science, University of Patanjali	Effect of Saraswati Gayatri Mantra chanting on test anxiety and memory levels of school students	2023	Sole
25	Neha Shekhawat	207700	Department of Yoga Science, University of Patanjali	Effect of Yoga on Premature Ejaculation and Erectile Dysfunction.	2022	Sole
26	Ananya Balial	207715	Department of Yoga Science, University of Patanjali	High-Frequency Yoga Breathing Effect on Cognitive and Motor Skills in 08 – 15-year-old School Children	2022	Sole
27	Jeshmin Gayary	172032	Department of Yoga Science, University of Patanjali	Yoga for Improving Quality of Life in COVID-19 Survivors	2022	Sole
28	Vedansh Mishra	207712	Department of Yoga Science, University of Patanjali	Effect of Alternative breathing and Nada Yoga on alpha EEG	2022	Sole
29	Ashu Bhatia	207703	Department of Yoga Science, University of Patanjali	Efficacy of complementary and alternative therapy in the management of Irritable Bowel Syndrome.	2022	Sole
30	Kritika	207717	Department of Yoga	Yoga for post-anxiety	2022	Sole

	Sharma		Science, University of Patanjali			
31	Akshita Yadav	207738	Department of Yoga Science, University of Patanjali	Effect of complementary and alternative therapy on premenstrual syndrome: A Systematic Review	2022	Sole
32	Rashmi Rawat	207756	Department of Yoga Science, University of Patanjali	Yoga for post-COVID post-traumatic stress disorder(PTSD)	2022	Sole
33	Pamila Quaraly	171910	Department of Yoga Science, University of Patanjali	Management of Premenstrual Syndrome by Complementary and Alternative Medicine.	2022	Sole
34	Isha Pareek	207833	Department of Yoga Science, University of Patanjali	Assembly yoga is a protocol for the psychological well-being of secondary school children.	2022	Sole
35	Ekta Chauhan	207747	Department of Yoga Science, University of Patanjali	Operationalisation of Yoga Antaraya.	2022	Sole
36	Pranjal Saxena	196170	Department of Yoga Science, University of Patanjali	Effects of Yoga for the Treatment of Premature Ejaculation and Erectile Dysfunction: A systematic review	2021	Sole
37	Apeksha Thapa	196219	Department of Yoga Science, University of Patanjali	Yoga for Managing Distress: A Systematic Review.	2021	Sole
38	Himanshi Chaudhary	196215	Department of Yoga Science, University of Patanjali	Yoga for Managing Polycystic Ovary Syndrome	2021	Sole
39	Aayushi	196382	Department of Yoga Science, University of Patanjali	Yoga for Improving COVID-19-Induced Mental Health Issues: A Review	2021	Sole
40	Siddharth Tyagi	196156	Department of Yoga Science, University of Patanjali	Yoga for Improving Depression: A Systematic Review	2021	Sole
41	Ayush Pandey	16076	Department of Yoga Science, University of Patanjali	Yoga for Improving Irritable Bowel Syndrome: A Review.	2021	Sole
42	Sakshi Kasera	196320	Department of Yoga Science, University of Patanjali	Yoga for Improving Cervical Cancer: A Review	2021	Sole
43	Anuj Kumari	184232	Department of Yoga Science, University of Patanjali	Yogic loosening postures for improving body mass composition and quality of life in college students: A systematic review	2020	Sole
44	Abhimanyu Kumar	184102	Department of Yoga Science, University of Patanjali	Biopsychosocial effects of Mool Bandha: A Systematic Review.	2020	Sole

45	Deepak Patel	183224	Department of Yoga Science, University of Patanjali	Yoga for obesity-induced hypertension: A Systematic Review	2020	Sole
46	Anupa Chhantyal	171774	Department of Yoga Science, University of Patanjali	<i>Effect of yoga on hypothyroidism: A Systematic Review</i>	2019	Sole
47	Deepak Kumar	172119	Department of Yoga Science, University of Patanjali	<i>Effect of Assembly Yoga Protocol on Insomnia in Secondary School Female Students</i>	2019	Sole
48	Ishani Thakur	172009	Department of Yoga Science, University of Patanjali	<i>Effect of yoga on upper digestive tract: A Systematic Review</i>	2019	Sole
49	Neha Pathak	171864	Department of Yoga Science, University of Patanjali	<i>A comparative study on wellness profile between yoga and non-yoga practising college girls.</i>	2019	Sole
50	Nandini Sharma	171886	Department of Yoga Science, University of Patanjali	<i>Effect of Assembly Yoga Protocol on Internet Addiction in Secondary School Female Students</i>	2019	Sole
51	Nidhi Chaudhry	171935	Department of Yoga Science, University of Patanjali	<i>Effect of Assembly Yoga Protocol on Attention in Secondary School Female Students</i>	2019	Sole
52	Neha Sangodkar	172079	Department of Yoga Science, University of Patanjali	<i>Conceptualising and Validating Yogic Leadership Style.</i>	2019	Sole
53	Priyanshi Kaushik	171883	Department of Yoga Science, University of Patanjali	<i>A comparative study on Body Image Perception between yoga and non-yoga practising college girls.</i>	2019	Sole
54	Anjali Vaishnav	16229	Department of Yoga Science, University of Patanjali	<i>The efficacy of yogic intervention for improving hypothyroidism.</i>	2018	Sole
55	Shalini Negi	1989	Department of Yoga Science, University of Patanjali	<i>The efficacy of yogic intervention on insomnia disorder.</i>	2018	Sole
56	Rahul Chaihal	1905	Department of Yoga Science, University of Patanjali	<i>Prevalence of internet addiction among university students and its yogic solution</i>	2018	Sole
57	Sarita Devi	1929	Department of Yoga Science, University of Patanjali	<i>Relationship between spiritual intelligence and the health of hermits.</i>	2018	Sole
58	Aditi	1927	Department of Yoga Science, University of Patanjali	<i>Effect of yoga on the general well-being of college students.</i>	2018	Sole
59	Dipak Chetry	16234	Department of Yoga Science, University of Patanjali	<i>Yoga for depression: A review.</i>	2018	Sole
60	Vikas	16276	Department of Yoga	<i>Yogic remedy for</i>	2018	Sole

	Upadhyay		Science, University of Patanjali	<i>irritable bowel syndrome.</i>		
61	Shekhar Mohan Agarwal	13054	Department of Yoga Science, University of Patanjali	<i>Relation between major blood groups and three biological humours (vata, pitta, kapha).</i>	2018	Sole
62	Ragini Agarwal	16446	Department of Yoga Science, University of Patanjali	<i>Yogic intervention for managing migraine among college students</i>	2018	Sole
63	Bhavana Dhariwal	16345	Department of Yoga Science, University of Patanjali		2018	Sole
64	Jetudhi Amit Singh	16244	Department of Yoga Science, University of Patanjali	<i>Efficacy of selected yogic practices on overall health.</i>	2017	Sole
65	Hardeep Kaur	16187	Department of Yoga Science, University of Patanjali	<i>Effect of yoga on lifestyle and menopausal symptoms in women.</i>	2017	Sole
66	Abhijeet Shelar	13998	Department of Yoga Science, University of Patanjali	<i>Yoga therapy for depression.</i>	2015	Sole
67	Amit Somnath Kanthi	1088	Department of Yoga Science, University of Patanjali	<i>Yoga therapy for breast cancer</i>	2015	Sole
68	Kanika Verma	13089	Department of Yoga Science, University of Patanjali	<i>Directive Meditation: An amalgamation of perspectives from Buddhism and Science</i>	2015	Sole
69	Deependra Bhatt	12071	Department of Yoga Science, University of Patanjali	Yogic Leadership Style	2014	Sole
70	Anita Rajput	12069	Department of Yoga Science, University of Patanjali	<i>Complementary and alternative medicine for managing dysmenorrhea</i>	2014	Sole
71	Sudeep Basu	MA-345	Department of Yoga Science, University of Patanjali	<i>Yogic intervention for enhancing personal efficacy.</i>	2012	Sole
72	Priti Chhabra	MA-338	Department of Yoga Science, University of Patanjali	<i>Enhancing creativity through a yogic capsule</i>	2012	Sole
73	Monika Hooda	MA-331	Department of Yoga Science, University of Patanjali	<i>Empowering health through a yoga lifestyle program.</i>	2012	Sole
74	Kamboj Kumari	MA-324	Department of Yoga Science, University of Patanjali	<i>Yogic management of obesity</i>	2012	Sole

6. Completed/Developed Research Projects

S. No	Title	Cost in INR	Role	Agency & Ref. No	Status	Dates
1	Online Yoga Intervention as Tertiary Prevention of Psychological	12,79,972	PI	Department of Science and Technology Ref. No:	Completed	20 April 2021 – 20 July 2022

	Comorbidities in COVID-19 Survivors			DST/SATYAM/COVID-19/2020-439		
2	Bhandari, R. B., Sharma, V., Mirza, A. A., Sharma, P. & Canchi, C. B. (5 th December 2023). “ <i>Worksite Yoga Protocol for Optimising Health Behaviours, Health, and Work Performance</i> ”. Project shortlisted by DST, MoST, Government of India. Project No.: DST/SHRI CELL/2023/493					
3	Bhandari, R. B., Gupta, R., Mirza, A. A., & Sharma, V. K. (28 th April 2023). “ <i>Yogic Gut Aeration for Managing Helicobacter Pylori Induced Dyspepsia: A Randomized Controlled Trial</i> .” Project submitted to ICMR, MoH, Government of India. Proposal Id: IIRP-2023-6673					
4	Bhandari, R. B., Sharma, V., Mirza, A. A., Sharma, P. & Canchi, C. B. (25 th February 2023). “ <i>Corporate Yoga Protocol for Optimising Health Behaviours, Health and Work Performance</i> ”. Project Submitted to Indian Knowledge Systems, AICTE, MoE, Government of India.					
5	Bhandari, R. B., Sharma, V., Mirza, A. A., Sharma, P. & Canchi, C. B. (2022, 30 th October 2022). “ <i>Integral Yoga Protocol for Optimizing Health Behaviours, Health and Work Performance</i> ”. Project Submitted to Indian Knowledge Systems, AICTE, MoE, Government of India.					
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 <i>Helicobacter Pylori</i> 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.					

7. Guest Speaker/ Resource Person/ Paper Presenter

7.1.International (Outside the Country)

- 7.1.1. Contributed as the external expert of doctoral research review committee of **Vedic Wellness University, USA** on June 09, 2025.
- 7.1.2. Delivered an invited talk on “Advances in Yoga Therapy” organized by the Department of Yogic Sciences and Wellbeing at **Kathmandu University, Nepal**, dated February 26, 2023.
- 7.1.3. Conducted an offline yoga practical session for the health promotion of police personnel at the **District Police Office, Bajhang, Nepal**, on June 9, 2023.
- 7.1.4. Bhandari, R. B. & Acharya, B. (2015, January 01). Yoga for empowering public health. Invited speaker of the Second International Symposium on **Healthy Society and Healthy World** organized by the Institute for Poverty Alleviation and International Development (IPAID), Yonsei University, Korea, and Shree Khotena Bhurakhani Community Forest User’s Group (A), Tikapur Small Town Drinking Water User’s Group, and Sanitation Committee in Hotel Himalaya, Kupondol, Lalitpur, Nepal.
- 7.1.5. Bhandari, R. B. & Acharya, B. (2014, November 01). Empowering public health through yoga. Invited speaker of the **2014 Sunchang International Symposium on Functional Water: 7th Annual meeting of the Korean Water Society**, organized by the Korean Water Society, Sunchang, South Korea.
- 7.1.6. Bhandari, R. B. & Acharya, B. (2014, February, 22- 26). Empowering public health through yoga. Invited speaker of the **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.
- 7.1.7. Bhandari, R. B. & Acharya, B. (2013, March 18-20). Oral presentation on “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.
- 7.1.8. Delivered invited talk on “Life management and scientific spirituality” organized by Babai Multiple Campus, Gulariya, Bardiya, Nepal on September 27, 2010.
- 7.1.9. Delivered invited talk on “Health, happiness and harmony at workplace through yoga” organized by Ghorahi Municipality Office, Ghorahi, Dang, Nepal on September 24, 2010.
- 7.1.10. 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.
- 7.1.11. Conducted a 2-Hour Workshop on “Yogic capsule for stress management” organized by Central Department of Physics, Tribhuvan University, Kirtipur, Kathmandu on November 8, 2008.

7.2. International (Within the Country)

- 7.2.1. Contributed as the co-chairperson of the technical session in the International Webinar on “Universality of Yoga for Health and Progress” organized by **Tezpur University, Assam** on June 12, 2025.
- 7.2.2. Contributed as a Session Coordinator and Resource Person in a **2-Day International Workshop**

on Climate Change, Disaster Management, and Disaster Medicine organized by the University of Patanjali, Patanjali Ayurveda College, and Patanjali Research Institute from 12-13 April, 2025.

- 7.2.3. Coordinated and taught 10-hour sessions on “Theory and Practice of Yoga Therapy” in the **50-Hour Yoga Workshop for Taiwan Delegates** organized by the University of Patanjali, Haridwar, from October 7-12, 2024.
- 7.2.4. Delivered talk on “Advances in Yoga Therapy” as a Resource Person in **Continuing Medical Education (CME) on Yoga for AYUSH Doctors**, organized by Morarji Desai National Institute of Yoga from 19 to 24 August 2024.
- 7.2.5. 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.
- 7.2.6. 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.
- 7.2.7. Invited speaker on “Yoga and Ayurveda Intervention for COVID-19 management” on 13th March 2022, **International Conference organized by Universal Yoga Consciousness**, held from 12-18 March 2022 at Ganga Resort, Rishikesh.
- 7.2.8. Presented paper on “Yogic Gut Aeration to Inhibit Helicobacter Pylori Induced Acid Peptic Diseases in the **International Conference on Nadayoga for World Peace**, organized by **GMVN and UTDB, Ministry of Tourism, Government of Uttarakhand**, and supported by Navyoga Surodaya Seva Samiti at Ganga Resort Rishikesh on March 6, 2021.
- 7.2.9. 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 29 –31 March 2019 in Patanjali Yogpeeth, Haridwar, Uttarakhand, India.
- 7.2.10. Presented paper on “Yogic leadership style of Swami Ramdev and Acharya Balkrishna” in **International Conference on Changing Landscape: Business Management, Technology and Social Innovations** organized by Poona Institute of Management Sciences and Entrepreneurship at Hotel Tangerine, Goa on March 3, 2019.
- 7.2.11. Delivered guest lecture in **International Workshop on Yoga Science** organized by University of Patanjali for the Wonkwang Digital University, South Korea delegates from January 31 to February 3, 2018.
- 7.2.12. Bhandari, R. B. (2017, November 2). *Yoga for Corporate Wellness*. Invited speech in the 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.

- 7.2.13. International Coordinator cum Resource Person for **Level 3 Yoga Teacher Training program for foreign delegates** organized from 25 March to 01 April 2015 in Patanjali Yogpeeth, Haridwar.
- 7.2.14. Designed and conducted a **Three-Day Workshop on Psychosomatic Intervention for Stress Management at the Workplace**, organized by the Embassy of Nepal, New Delhi, from June 10-12, 2014.
- 7.2.15. Designed and 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 5-18 March 2012 during Yudh Abhyas, 2012 Exercise.
- 7.2.16. Presented paper on “Yogic prescription for corporate wellness and excellence” in the **3rd International Conference on Integrating Spirituality and Organizational Leadership**, organized by ISOL Foundation in collaboration with Faculty of Management Studies, Gurukul Kangri Vishwavidyalaya, Haridwar from February 1-5, 2011.
- 7.2.17. Presented paper on “Health is the function of spirituality” at the First International Conference on Yoga for Health and Social Transformation, organized by Patanjali Yogpeeth and the University of Patanjali from January 2-5, 2011.
- 7.2.18. Presented paper on “Yogic capsule” in the **3rd International Conference on Integrating Spirituality and Organizational Leadership**, organized by ISOL Foundation in collaboration with Faculty of Management Studies, Gurukul Kangri Vishwavidyalaya, Haridwar from February 1-5, 2011.
- 7.2.19. Presented paper on “Management tactics in Ramayan- An ethical approach” in the **2nd International Research Workshop on Spiritual and Ethical Foundations of Organizational Development** organized by ISOL Foundation and Department of Management Studies, IIT Roorkee from October 7-9, 2010.
- 7.2.20. 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.

7.3. National

- 7.3.1. Contributed as the nominated expert in the online panel discussion organized by **National Assessment and Accreditation Council, Bengaluru** dated September 08, 2025 on “Draft Manual for Yoga Higher Education Program Accreditation”.
- 7.3.2. Participated in a one-day Continuing Medical Education on “Comprehensive Multidisciplinary Approach in Global Research Collaborations” organized by Department of Biochemistry, **AIIMS Rishikesh** on July 13, 2025.
- 7.3.3. Conducted the 6-hour practical yoga sessions as a Lead Yoga Teacher at the **Indian Institute of Technology Roorkee**, India from 17 to 19th June, 2025 for promoting health and wellness.

- 7.3.4. Delivered a talk titled “Advances in Yoga Therapy Research” in 9-day (23-30 May 2025) Faculty Development Program as a Resource Person on May 26, 2025, organized by the Government Naveen Girls’ College, Baikunthpur in the theme “Inclusion of Indian Knowledge System in the Curriculum: Prospects and Challenges with reference to NEP 2020”.
- 7.3.5. Delivered invited keynote speech on the topic “Yoga for Personality Development and Healthcare” in a two-day national Seminar on the **Exploration and Validation of the Indian Knowledge System**, dated 25-26 March 2025, organized by the Government Kaktiya Post Graduate College, Jagdalpur, and sponsored by the Department of Higher Education, Government of Chhattisgarh.
- 7.3.6. Delivered an invited talk on the topic “Yoga for Wellness” in a One Day **National Seminar on Philosophy, Science and Technology**, dated February 28, 2025, organized by Sri Guru Ram Rai University, Dehradun, and sponsored by the Indian Council of Philosophical Research, Ministry of Education, Government of India.
- 7.3.7. 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 January 15, 2022, organized by UGC-Human Resource Development Centre (HRDC) of Gurughasidas University, Bilaspur, Chhattisgarh.
- 7.3.8. Bhandari, R. B. (2020, June 21). *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.
- 7.3.9. 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 12-14 October 2018 and sponsored and fully funded by Commission for Scientific and Technical Terminology (CSTT), MHRD, Govt. of India.
- 7.3.10. Conducted a 6-day Yoga Workshop during the 1st Winter Convention organized by the Society for the Promotion of Indian Classical Music and Culture Amongst Youth and hosted by IIT Roorkee from December 14-18, 2015.
- 7.3.11. Presented research paper on “Corporate Wellness and Excellence Through Yoga” in **National Seminar on Sports Biomechanics and Exercise Sciences** jointly organized by Indian Society of Biomechanics, St. Stephen’s College, and Miranda House at North Campus, University of Delhi from April 16-17, 2011.
- 7.3.12. Presented paper on “Yoga Gram: An Ideal Model in health Tourism” in Two-day **National Conference on Science and Technology Applications in Tourism Sector Focusing on Uttarakhand Opportunities**, organized by Centre for Mountain Tourism & Hospitality Studies, HNB Garhwal University, Uttarakhand, from September 27-28, 2010.
- 7.3.13. Presented research paper on “Effect of yoga package on rheumatoid arthritis” in **National Conference on Biomechanics** organized by Department of Mathematics, IIT Roorkee from

March 7-8, 2009.

7.4.State/ University/ Corporate

- 7.4.1. Delivered online invited talk on “Psychoneuroendocrine perspectives of meditation” on June 15, 2025 in the lecture series themed Yoga for One Earth and One Health: Integrating Vedic Wisdom with Modern Science” organized by Shoolini University, Himachal Pradesh, India.
- 7.4.2. 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 June 21, 2024.
- 7.4.3. 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 20 to 27 September 2023.
- 7.4.4. 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 September 2, 2023.
- 7.4.5. 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 August 21, 2023.
- 7.4.6. Conducted an offline practical yoga session for wellness, organized by the Sports Council of the **Indian Institute of Technology Roorkee** on June 20, 2023, on the eve of the 9th International Day of Yoga.
- 7.4.7. Yoga for Immunomodulation and wellness promotion organized by the Institute Sports Council, **IIT-Roorkee** on June 19, 2022.
- 7.4.8. Lecture on Integral Yoga for Stress Management at Wipro Enterprises Private Limited, SIDCUL, Haridwar, during the 51st National Safety Week, from 4 to 10 March 2022.
- 7.4.9. Online new syllabus presentation organized by the Department of Humanities and Social Sciences, **NIT Raipur**, on April 21, 2022.
- 7.4.10. Bhandari, R. B. (2020, December 12). *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.
- 7.4.11. Bhandari, R. B. (2020, October 19). *Concept of Dharana, Dhyana, and Samadhi*. Invited as an Online Commentator on the Biology Series for Non-biologists organized by the **Post Graduate Institute of Medical Education and Research, Chandigarh**, India.
- 7.4.12. Bhandari, R. B. (2020, August 31). *Concept of Evolution and Involution in Samkhya Philosophy*. Invited Online Presentation organized by the University of Patanjali and sponsored by the **Commission for Scientific and Technical Terminology, Ministry of Human Resource Development**, Government of India, New Delhi.

- 7.4.13. Bhandari, R. B. (2020, August 6). *Science of Yoga Techniques*. Invited Online Presentation organized by **Post Graduate Institute of Medical Education and Research, Chandigarh, India**.
- 7.4.14. Bhandari, R. B. (2020, June 21). *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 was held at Dayalbagh Educational Institute, Agra, India.
- 7.4.15. Bhandari, R. B. (2020, June 01). *Breath Regulations to Combat COVID-19*. Invited Online Presentation organized by **Post Graduate Institute of Medical Education and Research, Chandigarh, India**.
- 7.4.16. 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**.
- 7.4.17. Bhandari, R. B. (2019, June 15). *Scientific background of yoga and its implications*. Invited talk and presentation during a workshop on the science of yoga organized by **Aligarh Muslim University, Aligarh, Uttar Pradesh, India**.
- 7.4.18. Bhandari, R. B. (2019, February 18). *Basics on yoga & its health benefits*. Guest lecture for medical undergraduates organized by the Department of AYUSH, **AIIMS Rishikesh, Uttarakhand, India**.
- 7.4.19. 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.
- 7.4.20. Bhandari, R. B. & Acharya, B. (2018, June 20). *Research Update on Yoga Therapy*. Invited speaker of the Symposium on Evidenced Role of Yoga for Managing Non-Communicable Diseases organized by the **All India Institute of Medical Sciences, Rishikesh, Uttarakhand, India**.
- 7.4.21. 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 November 25, 2017.
- 7.4.22. Contributed as a Lead Yoga Trainer to facilitate the June 21, 2017, yoga program in **Bengal Engineers Group and Headquarters, Roorkee**, among more than 5000 army personnel.
- 7.4.23. Contributed to the Yoga Training for Senior Secondary and Secondary Teachers of Delhi as a resource person, organized by Patanjali Yogpeeth from 21 to 30 September 2016.
- 7.4.24. Contributed as an invited speaker of the Short Term Course (7- 20 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”.
- 7.4.25. Key Resource Person in Yoga Training for Primary Master Yoga Trainers organized by the Department of Education, **Government of Goa, India**, scheduled from 13-17 July 2016.

- 7.4.26. Conducted 45-day yoga training for Patanjali Food and Herbal Park and **Patanjali Ayurved Limited** corporate executives from November 5 to December 22, 2011, to boost individual/organizational wellness and excellence.
- 7.4.27. Served as a resource person in 5-day refresher training programs dated February 28 – March 4, 8– 12 March, 14– 18 March, 20 -24 March, and 26 – 30 March 2015, respectively, organized by Patanjali Yogpeeth, Haridwar, for Ayurvedic physicians working under the Government of Haryana.
- 7.4.28. 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.
- 7.4.29. Conducted over 50 Yoga and Alternative Therapy Camps and 125 Yoga Presentations for Holistic Health and Human Excellence among diverse masses.
- 7.4.30. Contributed to a Brainstorming Session organized by the **Faculty of Management Studies (FMS), IIT Roorkee**, on May 12, 2010.
- 7.4.31. Contributed to a one-day workshop on Rural Marketing organized by Team UMANG in FMS, **IIT Roorkee** on October 3, 2010.
- 7.4.32. 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 July 29, 2010.
- 7.4.33. Conducted over 69 Yoga Theoretical and Practical Programs during [PG internship](#) from July-September 2007.

8. Training/Workshop/Other Program Participations

- 8.1. Attended “First Khaptad International Spiritual Conference” organized by the Government of Nepal from 6 to 8 June 2023 and hosted by Khaptad Region Tourism Development and Management Committee, Nepal.
- 8.2. Attended “International Conference on Scientific Paradigms of Anti-Cancer Treatments Available in Ayurveda” sponsored by MoAYUSH, GoI, and organized by Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar on September 5, 2022.
- 8.3. Attended Webinar on “How to Get Published- Mentorship” organized by SAGE Publishers on August 30, 2022.
- 8.4. Attended a Webinar on “InCites-Citation-based intelligence for research performance evaluation” organized by Clarivate Analytics on August 26, 2022.
- 8.5. Attended Webinar on “Everything you wanted to know about Data Science” organized by Clarivate Wiley on August 24, 2022.
- 8.6. Attended International Conference on “Modernization of Traditional Indian Medicine: Public

- Health & Industrial Perspectives” organized by Patanjali Research Institute and University of Patanjali from 1- 4 August 2022.
- 8.7. 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 July 31, 2022.
 - 8.8. Attended “Refresher Course on Vedic Science” organized by University of Patanjali, Haridwar from June 19 to July 02, 2022.
 - 8.9. Attended “3-Day Online Training Program 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.
 - 8.10. Attended “Vidyanjali (Higher Education) Volunteer Program” organized by AICTE, MoE, GoI on February 01, 2022.
 - 8.11. Attended Webinar on “Publishing Research Papers” organized by Wiley, September 7, 2021.
 - 8.12. Attended a Webinar on “Mastering the craft of Academic Writing” organized by Wiley on August 31, 2021.
 - 8.13. Attended Webinar on “Intricacies of citations and references” organized by Wiley, on August 24, 2021.
 - 8.14. Attended the Webinar “How to write a scientific abstract” organized by Wiley on August 18, 2021.
 - 8.15. Attended Regional Workshop on All India Survey on Higher Education (AISHE): 2017-18, organized by the Department of Higher Education, MHRD, Government of India, at Punjab University on June 8, 2018, as University Nodal Officer.
 - 8.16. Attended the National Workshop on Management of University Administration organized by All India Association of Universities (AIU) at Kannur University, Kerala, from 3 to 5 January 2018.
 - 8.17. Attended most of the yoga trainings and camps conducted by Swami Ramdev from 2010 to 2024.
 - 8.18. Attended the 2-Day Faculty Development Program on Data Analysis Using SPSS, organized by the Faculty of Management Studies, Gurukul Kangri Vishwavidyalaya from March 23-24, 2013.
 - 8.19. Attended Meditation sessions facilitated by Revered Dr. Pranav Pandya from 2005 to 2009.
 - 8.20. Attended International Yoga Festival, 2008 and 2009, from 1-7 March in Pramatha Niketan, Rishikesh.
 - 8.21. Guru Master Choa Kok Sui Yoga Vidya Pranik Psychotherapy Course organized by DSVV, Haridwar, and conducted by All India Yoga Vidya Pranik Healing Foundations Trust from October 2-3, 2005.

- 8.22. Guru Master Choa Kok Sui Advanced Pranic Healing Course organized by DSVV, Haridwar, and conducted by All India Yoga Vidya Pranic Healing Foundations Trust from October 31 to November 01, 2005.
- 8.23. Guru Master Choa Kok Sui Basic Pranic Healing Course organized by DSVV, Haridwar, and conducted by All India Yoga Vidya Pranic Healing Foundations Trust from October 30-31, 2005.
- 8.24. A, B & C Certificates in NSS from National Service Scheme Cell, Government of Uttarakhand from 2005 to 2007.
- 8.25. One-month Yug Shilpi Training from Vedmata Gayatri Trust, Shantikunj, Haridwar, Uttarakhand, India (2003).
- 8.26. Antha Urja Jagaran Training from Vedmata Gayatri Trust, Shantikunj, Haridwar, Uttarakhand, India, (2004).
- 8.27. 3-Month Internship as part of PG (MSc Yoga) in Chhattisgarh, India, in 2008.

9. Convened/Coordinated Training/Workshop/Seminar/Webinar/Conferences/Symposium

- 9.1. Coordinated Invited Session Talks in “**International Workshop on Climate Change, Disaster Medicine and Disaster Medicine**, organized by the University of Patanjali, Patanjali Ayurved College, and Patanjali Research Institute, held from 12 to 13 April 2025.
- 9.2. Convened the 4th Institutional Ethics Committee (IEC), UOP meeting on October 22, 2024.
- 9.3. Coordinator of **National Workshop on Pranamaya Kosha: Conservation, Progression and Therapy** organized by the University of Patanjali and sponsored by UGC, Inter University Consortium for Yoga Science from August 30-31, 2024.
- 9.4. Served as an organizing committee member of the **National Workshop on Indian Meditation System for Holistic Health**, organized by the University of Patanjali from August 18-19, 2023.
- 9.5. Organized 3rd Institutional Ethics Committee (IEC), UOP meeting on May 5, 2022.
- 9.6. Organized 2nd Institutional Ethics Committee (IEC), UOP meeting on April 28, 2021.
- 9.7. Organized a 2-hour Webinar on Systematic Review for PG students dated December 31, 2021.
- 9.8. Organized a 2-hour Webinar on Research Paper Writing dated December 24, 2021.
- 9.9. Organized a 2-hour Webinar on the Orientation of Yoga and Ayurveda Protocol for COVID-19-induced neuropsychiatric Problems on November 12, 2021.
- 9.10. Organized 1-month Online Yoga Intervention as part of DST/SATYAM/Covid-19/2020-439 from February 1 to March 4, 2022.
- 9.11. Conducted a **2-day workshop on SPSS & Mendeley**, organized by the University of Patanjali from September 24-26, 2020.

- 9.12. Coordinated and attended the **6-day Workshop on Acupressure Therapeutics** organized by the University of Patanjali and conducted by Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Prayagraj from April 25-30, 2019.
- 9.13. Coordinated an Interactive session among Officers/Teaching staff of the University of Patanjali and delegates (Officers/Teaching staff) of AIIMS Rishikesh at Patanjali Research Institute on 21 February 2018 to discuss the agendas on teaching-learning and research support exchange and sign an MoU.
- 9.14. Coordinated and attended the Workshops on **Acupressure Therapeutics** organized by the University of Patanjali from May 25-31, 2017.
- 9.15. Coordinated and attended the Workshops on **Pranic Therapeutics** organized by the University of Patanjali from May 20-21, 2017.
- 9.16. Coordinated and attended the **Advanced Training of Chinese and Ayurveda Acupressure** organized by the University of Patanjali and conducted by Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Prayagraj from May 29 to June 04, 2016.
- 9.17. Coordinator of the Brainstorming Session on Sustainable Corporate Wellness and Excellence through Spirituality, organized by PYP and IIT, Roorkee, on March 6, 2011.
- 9.18. Coordinator cum participant of the training on Yoga for Optimal Academic Performance that organized by the University of Patanjali from 15 to 20 December 2010.
- 9.19. Coordinator cum participant of 10-Day Training on Research Methodology organized by Patanjali Yogpeeth in July 2009.
- 9.20. Coordinator cum participant of 15-Day Training cum Workshop on Research Design organized by Dev Sanskriti Vishwavidyalaya from April 12-2, 2009.

10. Special Skills

- 10.1. Teaching, learning, training, research, coordination, facilitation, and leadership.
- 10.2. Computer: Research related (SPSS, AMOS, JAMOVI, Turnitin, i-Authenticate, Urukund, Ouriginal, Mendeley, G*Power, Grammarly, Internet, Excel, MS Word).
- 10.3. Research insight on bio-psycho-socio-spiritual implications of yoga and spirituality.
- 10.4. Experiential and Experimental Skills in Yoga Psychology, Cleansing Techniques, Fasting, Gestures, Postures, Psychic Locks, Mantras, Nada, Concentrations, Meditation Techniques, Diet and Nutrition.
- 10.5. Psycho-spiritual counselling for improving career, interpersonal, and intrapersonal relationships, and traumas.
- 10.6. Wellness coaching 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: University of Patanjali, Haridwar, Uttarakhand

Dated: 13-09-2025



(Rudra Bhandari)

Name & Signature of the Applicant