

CURRICULUM VITAE

Name: **Dr. Abhishek K. Bhardwaj**

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Haridwar- 249405,

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Working at present:

1. **Associate Professor**, Department of Psychology, Faculty of Humanities and Ancient Studies at the University of Patanjali, Haridwar, India.

Other responsibilities:

1. **Editor** of UOP Bulletin ('*Patanjali Vishwavidyalaya Prabha*', a quarterly literary magazine of the University of Patanjali, Haridwar).
2. **Examiner/ Paper setter/ Moderator (UG/ PG/ Ph.D./ Entrance exam.)** in diff. Universities.
3. **Member of the Admission/ Interview committee** for selection of the students in various programs run by the University of Patanjali.
4. **Editorial board member/ Review board member** in journals related to Yoga, Psychology and allied subjects.

Areas of Interest/specialization:

1. Clinical psychology
2. Yoga psychology
3. Theories of personality
4. Psychometrics
5. Research methods

For Publications, visit at:

Google Scholar Citations: 652;

h-index = 11; i10-index = 11

([https://scholar.google.com/citations?user=Wi3pgRIAAA AJ](https://scholar.google.com/citations?user=Wi3pgRIAAAAJ))

Member in the Board of studies:

1. Department of Clinical Psychology, Asian Institute of Public Health University, Odisha.
2. Department of Psychology, University of Patanjali, Haridwar.
3. Department of Physical Education and Sports, University of Patanjali, Haridwar
4. Department of Scientific Spirituality, Dev Sanskriti Vishwavidyala, Haridwar
5. Department of Tourism Management, University of Patanjali, Haridwar.

Educational Qualifications:

Sl. no.	Qualifications	Institute/ University	Year of completion	Grade/ Percentage
1.	Ph.D. (Clin. Psychology)	Dev Sanskriti University, Haridwar, India	2012 (Reg. date: 09 January 2009)	Thesis title - “A study of the effect of <i>Pragya Yog Sadhana</i> on adolescents’ Psycho- Immunity”
2.	UGC-NET	-	2019	NET qualified in Yoga
3.	M.A. (Yoga & Holistic Health)	Uttarakhand Open Univ., Nainital, Uttarakhand	2014	76.84%
4.	P.G. Diploma (Yogic Science)	H.N.B. Garhwal University, Srinagar	2008	62%
5.	M.A. (Clinical Psychology)	Dev Sanskriti University, Haridwar	2007	67%
6.	B.A. (Psychology Honors)	T.M. Bhagalpur Univ., Bhagalpur, Bihar	2004	65.8%
7.	I.Sc. (PCB)	Bihar Intermediate Edu. Council, Patna	2001	63.5%
8.	High School/ Matriculation	Bihar School Exam. Board, Patna	1999	72.5%

Occupation details:

Sl. no.	Post	Institute/ University	Years of experience
1.	Associate Professor of Psychology	University of Patanjali, Haridwar	July 25, 2023 to till date
2.	Assistant Professor of Psychology	University of Patanjali, Haridwar	April 2017 to July 24, 2023 (6 years and 4 months)
3.	Scientist C/ Senior Researcher/ Research Associate (Yoga and Mental Health Research)	Deptt. of Yoga Research, Patanjali Research Foundation, Haridwar	March 2010 – March 2017 (7 years and 1 months)

Total Experience: 14 years and 02 months (Teaching and Research)

Summary:

➤ Major Research Project completed:	2
➤ Research Published in indexed National/ International journals:	44
➤ Books Published:	5
➤ Chapter in book:	16
➤ Paper published in conference proceeding:	1
➤ Psychometric scale constructed and standardized:	1
➤ Conference Handbook Compiled:	3
➤ Orientation and Refresher course attended:	3
➤ UGC approved Short term attended	2
➤ PhD final viva completed/ Submitted	2
➤ PhD Guidance (as Supervisor):	5
(as Co- Supervisor):	1
➤ Dissertation guided (MA/MSc Yoga/Psychology):	23
➤ Invited talk/ presentations in other universities/ training camps:	15
➤ International Conference/ Workshop organized:	9
➤ Research based Articles Published in Magazine:	19
➤ Presentation in International Conference/ Symposium/ Seminar:	6
➤ Presentation in National Conference/ Seminar:	10
➤ Workshops attended:	16
➤ Participation in International Conference/ Seminar:	10
➤ Award (Samman):	1

Major projects completed:

(7 Years and 1 month in yoga and mental health research at the Dept. of Yoga Research, Patanjali Research Foundation, Haridwar)

1. Randomized Controlled Trial entitled “**Effect of Yoga on Physical, Cognitive and Emotional Development in Children**” funded by the Govt. of India (CCRYN, Department of AYUSH, Ministry of Health and Family Welfare, New Delhi) between March, 2010 and February, 2012. {Approval letter number: 12-1/2009-10/CCRYN/Res./2186; date: 07-01-2010}
2. Randomized Controlled Trial entitled “**Yoga for Herniated Lumbar Disc**”; a joint trial of Patanjali Yogpeeth, Haridwar, India and the Yoga Biomedical Trust, Great Britain between May, 2011 and December, 2012.

Research Papers Published in national and international journals:

1. Shivani, Sriwas, S. K., and **Bhardwaj, A. K. (2024)**. The Effect of Om Chanting, Bhramari Pranayama and Nadisodhan Pranayama on Cognitive Functions among Medical Students: An Experimental Trial. *Yoga Mimamsa* (Accepted for publication).
2. Kaushik, P., and **Bhardwaj, A. K. (2024)**. Effect of practicing yoga versus reading books on better sleep quality in senior citizens residing in an old age home. *International journal of Yoga and Allied Sciences*, 13(1), 49-58.
3. Pathak, N., and **Bhardwaj, A. K. (2023)**. Yoga as a cost-effective alternative therapy for managing pediatric obesity: An overview. *Indian Journal of Ancient Medicine and Yoga*, 16(4): 203–206.
4. Kaushik, P., and **Bhardwaj, A. K. (2023)**. Yoga for sleep quality, postural balance and quality of life in geriatric population: a narrative review. *Journal of Gerontology and Geriatric Nursing*, 6(2): 53–58.
5. Pathak, N., and **Bhardwaj, A. K. (2023)**. Yoga for managing Anthropometric Measures in Adult Obese: A review based on RCTs. *Journal of Ayurveda and Integrated Medical Sciences*, 08(09):160-166.
6. Borah, A., and **Bhardwaj, A. K. (2023)**. Impact of Raga Darbari Kanada on Insomnia in High School Students: A Study. *Sangeet Galaxy*, 12(2):20-24. ISSN: 2319-9695 (UGC CARE LISTED)
7. Verma, S., Yadav, A., and **Bhardwaj, A. K. (2023)**. Changes in visual discomfort following yoga among children attending online classes during COVID-19. *Journal of Psychiatric Nursing*, 12(2):45-48. DOI: <http://dx.doi.org/10.21088/jpn.2277.9035.12223.1>

8. Yadav, A., and **Bhardwaj, A. K.** (2023). Effect of yoga-preksha meditation on emotional maturity in college girls. *Journal of Psychiatric Nursing*, 12(2):51-55. DOI: <http://dx.doi.org/10.21088/jpn.2277.9035.12223.2>
9. Negi, J., **Bhardwaj, A. K.** and Kumar, S. (2022). A review on the physiological and therapeutic effects of *śankhaprakṣhālana kriyā* (yogic bowel cleansing). *Yoga Mimamsa*. {Listed in UGC-CARE} [Impact factor: 1.091 (JCR 2021)] *Yoga Mimamsa* 54(2):112-118. DOI: 10.4103/ym.ym_75_22
10. Negi, J., and **Bhardwaj, A. K.** (2022). Evidence-based benefits of *dhauti kriyas* as described in *Hathiyoga*. *YOGAYU Research*, 01(1): 27-31.
11. Sharma, C., and **Bhardwaj, A. K.** (2021). Yoga for Posttraumatic Stress Disorder: A Mini Review. *International Journal of Creative Research Thoughts*, 09(1): 276-280.
12. Telles, S., Gupta, R. K., **Bhardwaj, A. K.**, Singh, N., Mishra, P., Pal, D. K., and Balkrishna, A. (2018). Increased Mental Wellbeing and Reduced State Anxiety Following a Residential Yoga Program in Teachers. *Medical Science Monitor Basic Research*. 24: 105-12. [eISSN: 2325-4416] {Listed in UGC} [Impact factor 2022: 3.1, H-index-10] 10.12659/MSMBR.909200
[Indexed in MEDLINE, SCOPUS] Publisher: International Scientific Information, Inc., USA
13. **Bhardwaj, A. K.**, Singh, N., Balkrishna, A., and Telles, S. (2017). Sustained improvement in self-esteem in children after 13 months of unsupervised yoga practice. *International Journal of Complementary & Alternative Medicine*, 7(3):00223 (6 pages). 10.15406/ijcam.2017.07.00223
[ISSN 0974-6986] [Indexed in Index Copernicus, Google Scholar, Pubget, USA]
Publisher: MedCrave Group Danforth Rd., Edmond, OK.
14. **Bhardwaj, A. K.**, Tyagi, D., Telles, S., Singh, N., & Balkrishna, A. (2017). The interdependence between beliefs and feelings about a *Yagna*. *Indian Journal of Traditional Knowledge*. Vol. 16 (Suppl). 25-29. {Listed in Science Citation Index} [Impact factor: 1.091 (JCR 2021)] IPC CODE: Int. Cl.⁸:A 61K 31/185, A61K 31/19, A61K 38/00, A61K, B64C 13/46
15. **Bhardwaj, A. K.**, and Telles, S. (2017). Yoga practice in a school setting positively impacts self-esteem: a 13 month follow-up study. *Indian Journal of Physiology and Pharmacology*, 61(1):76-79. {Listed in SCOPUS, Web of Science } [Impact factor: 0.25] https://ijpp.com/IJPP%20archives/2017_61_1/76-79.pdf
16. Telles, S., **Bhardwaj, A. K.**, Gupta, R. K., Kumar, A., and Balkrishna, A. (2016). Development of a food frequency questionnaire to assess dietary intake for the residents of the

northern region of India. *Indian Journal of Ancient Medicine and Yoga* (IJAMY), 9(4): 139-147. [ISSN 0974-6986] [Indexed in Index Copernicus, Google Scholar, Pubget, USA]
Publisher: Red Flower Publication Private Limited, New Delhi, India.
DOI: <https://dx.doi.org/10.21088/ijamy.0974.6986.9416.2>

17. Telles, S., **Bhardwaj, A. K.**, Gupta, R. K., Sharma, S. K., Monro, R., and Balkrishna, A. (2016). A Randomized Controlled Trial to Assess Pain and Magnetic Resonance Imaging-Based (MRI-Based) Structural Spine Changes in Low Back Pain Patients after Yoga Practice. *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research*. 22: 3228-47. [eISSN: 1643-3750] {Listed in UGC} [Impact factor 2022: 3.1] 10.12659/MSM.896599
[Indexed in MEDLINE, SCOPUS] Publisher: International Scientific Information, Inc., USA
18. Telles, S., Sharma, S. K., Gupta, R. K., **Bhardwaj, A. K.**, and Balkrishna, A. (2016). Heart rate variability in chronic low back pain patients randomized to yoga or standard care. *BMC Complementary and Alternative Medicine*, 16:279. DOI: 10.1186/s12906-016-1271-1 [eISSN: 1472-6882] [Indexed in MEDLINE, PubMed] {Listed in UGC} [Impact factor 4.78] Publisher: BioMed Central, USA
19. **Bhardwaj, A. K.** (2016). Mental-immunity (a psychological layer of protection against mental illness) in male adolescents following 8-weeks of *Pragyayog Sadhana*: A randomized controlled study. *Indian Journal of Ancient Medicine and Yoga* (IJAMY), 9(2): 43-50. DOI: <http://dx.doi.org/10.21088/ijamy.0974.6986.9216.2>
[ISSN 0974-6986] [Indexed in Index Copernicus, Google Scholar, Pubget, USA]
Publisher: Red Flower Publication Private Limited, New Delhi, India.
20. **Bhardwaj, A. K.**, and Bhardwaj, P. R. (2015). Long term intervention of comprehensive yoga enhances the level of self-confidence in high school students. *International Scientific Yoga Journal SENSE*, 5(5): 7-16. UDC: 159.922.8: 233-852.5Y
[ISSN 2217-804X (Print)] {Listed in UGC} [Indexed in Google Scholar, Index Copernicus International]
Publisher: International Society for Scientific Interdisciplinary Yoga Research, Serbia, Europe
21. **Bhardwaj, A. K.**, and Agrawal, G. (2015). Concept and applications of psycho-immunity (defense against mental illness): importance in mental health scenario. *Online Journal of Multidisciplinary Research*, 1(3): 6-15.
[ISSN (Online): 2395-4892], [Indexed in Google]
Publisher: Association for Indian Psychology, Rishikesh, India
22. Bhardwaj, P. R., Mookherjee, R., and **Bhardwaj, A. K.** (2015). Self-Adjustment in School Going Adolescents Following Three Months of Comprehensive Yoga Program. *Online Journal of Multidisciplinary Research*, 1(2): 14-21.

[ISSN (Online): 2395-4892], [Indexed in Google]

Publisher: Association for Indian Psychology, Rishikesh, India

23. Behera, S., and **Bhardwaj, A. K.** (2015). An Empirical Study on the Effect of Widowhood on Personality. *Online Journal of Multidisciplinary Research*, 1(1): 6-11.

[ISSN (Online): 2395-4892], [Indexed in Google]

Publisher: Association for Indian Psychology, Rishikesh, India

24. Bhardwaj, P. R., and **Bhardwaj, A. K.** (2015). Therapeutic applications of yoga for weight reduction in obese population: an evidence-based overview. *Online Journal of Multidisciplinary Research (OJMR)*, 1(1): 1-5.

[ISSN (Online): 2395-4892], [Indexed in Google]

Publisher: Association for Indian Psychology, Rishikesh, India

25. Monro, R., **Bhardwaj, A. K.**, Gupta, R. K., Telles, S., Allen, B., and Little P. (2015). Disk Extrusions and Bulges in Nonspecific Low Back Pain and Sciatica: Exploratory Randomized Controlled Trial Comparing Yoga Therapy and Normal Medical Treatment. *Journal of Back and Musculoskeletal Rehabilitation (JBMR)*, 28(2): 383-392. DOI: 10.3233/BMR-140531

[ISSN: 1053-8127] [PubMed, MEDLINE Indexed] [**Impact factor 2022-23: 1.456**]

Publisher: IOS Press, Netherland

26. **Bhardwaj, A. K.**, and Pandey, U. (2015). Effectiveness of yoga therapy (a mind-body medicine) in prevention and management of chronic low back pain (CLBP): a review based on evidence. *International Journal of Science and Research (IJSR)*, 4(2):1559-1562.

[ISSN: (Online) 2319-7064] [Indexed in Google Scholar; Copernicus] [**Scientific Journal Impact Factor (2013): 4.438**] PAPER ID: SUB151460

Publisher: International Journal of Science and Research, India

27. Agrawal G., and **Bhardwaj, A. K.** (2014). Gender differences in self-esteem among college students: A comparative study. *International Scientific Yoga Journal SENSE*, 4(4): 94-100.

[ISSN 2217-804X (Print)] [Indexed in Google Scholar, Index Copernicus International] {Listed in UGC}

Publisher: International Society for Scientific Interdisciplinary Yoga Research, Serbia, Europe

28. **Bhardwaj, A. K.** and Verma, N. K. (2014). Psycho-immunity: Concept and its dimensions. *Behavioral Research Review*, 6(1):190-196. [ISSN 0975-7198].

Publisher: Behavioral Research Review, Bihar, India

29. **Bhardwaj, A. K.**, Telles, S., and Balkrishna, A. (2014). Yoga for Psychological Rehabilitation: An Overview. *International Journal of Yoga and Allied Sciences*, 3(1): 62-67.

[ISSN 2278-5159] {Listed in UGC}

Publisher: Indian Association of Yoga, New Delhi, India

30. Gupta, R. K., **Bhardwaj, A. K.**, Gautam, K. and Bhardwaj, P. R. (2013). Yoga for the management of psychological health problems in geriatrics: An overview. *Indian Social and Psychological Studies*, 6(2): 204-207. [ISSN 0974-634X]
 Publisher: Indian Social and Psychological Studies, Bihar, India
31. Telles, S., Yadav, A., **Bhardwaj, A. K.**, and Singh, N. (2013). A review of the effect of Yoga, Ayurveda, Tai Chi on depression in older adults. *Indian Journal of Ancient Medicine and Yoga* (IJAMY), 6(4): 187-194. [ISSN 0974-6986] [Indexed in Google Scholar; Pubget]
 Publisher: Red Flower Publication Private Limited, New Delhi, India
32. Telles, S., Singh, N., **Bhardwaj, A. K.**, Kumar, A., and Balkrishna, A. (2013). Effect of yoga or physical exercise on physical, cognitive and emotional measures in children: a randomized controlled trial. *BMC Child and Adolescent Psychiatry and Mental Health* (BMC-CAPMH), 7:37. [ISSN 1753-2000] [PubMed, PsycINFO, PubMed Central Indexed]
 [**Impact: 7.49**] <https://doi.org/10.1186/1753-2000-7-37>
 Publisher: BioMed Central, London, United Kingdom
33. **Bhardwaj, A. K.** and Agrawal, G. (2013). Yoga practice enhances the level of self-esteem in pre-adolescent school children. *International Journal of Physical and Social Sciences* (IJRSS), 3 (10): 189-199. [ISSN 2249-5894] [Indexed in J-Gate; Google Scholar; ProQuest]
 Publisher: International Journals of Multidisciplinary Research Academy, India
34. **Bhardwaj, A. K.** and Agrawal, G. (2013). Gender difference in pre-adolescents' self-esteem. *International Journal of Social Sciences and Interdisciplinary Research* (IJSSIR), 2 (8): 114-119. [ISSN 2277-3630] [Indexed in J-Gate, India; ZDB: German Journal Databank]
 Publisher: Zenith International Research and Academic Foundation, New Delhi, India
35. Sao H. K., **Bhardwaj A. K.**, and Agrawal G. (2013). A Model of *Swādhyāya Chikitsā* for Healthy Mind and Cognitive Restructuring. *DEV SANSKRITI: Interdisciplinary International Journal* (DSIIJ), 2 (1): 62-66. [ISSN 2279-0578]
 Publisher: Dev Sanskriti University Press, Haridwar, India
36. Agrawal G., and **Bhardwaj, A. K.** (2013). Parents' Divorce: A cause of Childhood Neglect. *Asian Journal of Research in Social Sciences and Humanities* (AJRSH), 3 (7): 191-199. [ISSN 2249-7315 (Online)] [Indexed in ProQuest, U.S.A.; J-Gate]
 Publisher: Asian Research Consortium, New Delhi, India
37. Telles, S., Yadav, A., **Bhardwaj, A. K.**, Sharma, S., and Singh, N. (2013). Patanjali Yogpeeth, Haridwar: An Ayurveda center which includes treatment, research and education. *Journal of Ayurveda and Integrative Medicine* (J-AIM), 4 (2): 120-122. [PubMed Indexed] {Listed in UGC} [**Impact factor 2023: 0.413 (SJR)**] doi: 10.4103/0975-9476.113885
 Publisher: Medknow Publications and Media Pvt. Ltd., Mumbai, India

- 38. Bhardwaj, A. K.,** and Bhardwaj, P. R. (2013). A study on the effect of instrumental music on emotional competency. *International Journal of Yoga and Allied Sciences* (IJOYAS), 2 (1): 39-43. [ISSN 2278-5159] {Listed in UGC}
 Publisher: Indian Association of Yoga, New Delhi, India
- 39. Telles, S., Bhardwaj, A. K.,** Kumar, S., Kumar, N., and Balkrishna, A. (2012). Performance in a substitution task and state anxiety level following yoga in army recruits. *Psychological Reports*, 110 (3): 963-976. [PubMed Indexed] {Listed in UGC} **[Impact factor : 1.789]**
 10.2466/13.02.16.20.PR0.110.3.963-976
 Publisher: Ammons Scientific Publications, Missoula, MT, United States of America
- 40. Deepshikha Tyagi, Abhishek K. Bhardwaj,** Shirley Telles, and Acharya Balkrishna (2016). Perception of illness and mental well-being in patient population: a cross-sectional study. *Indian Journal of Physiology and Pharmacology*, 60 (5, supplement): 113-114. [APPICON 2016 (Abs.97PP); ISSN 0019-5499]
- 41. Ram K. Gupta, Abhishek K. Bhardwaj,** Shirley Telles, and Acharya Balkrishna (2016). Correlation between anthropometric measures and quality of life in obese persons. In the Conference souvenir of an 'International Congress on Obesity and Metabolic Syndrome' at Seoul, South Korea in September 2016 organized by The Korean Society for the Study of Obesity.
- 42. Abhishek Kr. Bhardwaj,** Shirley Telles, and Acharya Balkrishna (2012). A comparison of self-esteem in male and female school and university students. *Indian Journal of Physiology and Pharmacology*, 56 (5, supplement): 187. [APPICON 2012 (Abs.OT); ISSN 0019-5499]
- 43. Nilkamal Singh, Shirley Telles, Abhishek Kr. Bhardwaj,** and Acharya Balkrishna (2011). Effect of yoga and physical exercise on the physical fitness of school children. *Indian Journal of Physiology and Pharmacology*, 55 (5, supplement): 45-46. [APPICON 2011 (Abs.CA); ISSN 0019-5499]
- 44. Abhishek Kr. Bhardwaj,** Shirley Telles, Nilkamal Singh, and Acharya Balkrishna (2011). Effect of yoga on self-esteem and cognitive functions in school children. *Indian Journal of Physiology and Pharmacology*, 55 (5, supplement): 60-61. [APPICON 2011 (Abs.CA); ISSN 0019-5499]

Book Published:

1. Sakta, K. and **Bhardwaj, A. K.** (2023) *Bhartiya Gyan Parampara*, N. B. Publications, Ghaziabad, India. ISBN 978-93-91550-15-8.

2. **Bhardwaj, A. K.** (2021). *Evidence-Based Mind Body Practices*, Crossbill Publications, New Delhi, India. **ISBN No. 978-93-82297-64-2.**
3. **Bhardwaj, A. K.** (2021). *Vyaktitwa vikas ke liye yog (Yoga for Personality Development)*, Unisec Publications and Indian Yoga Association PrCB, Delhi, India. **ISBN No. 978-81-951347-6-2.**
4. **Bhardwaj, A. K.** and Singh, N. (2017). *Science Studies Pranayama* (Revised Edition), Divya Prakashan, Haridwar, India. **ISBN No. 978-93-85721-43-4.**
5. Telles, S., Singh, N. and **Bhardwaj, A. K.** (2011). *Science Studies Pranayama*, Divya Prakashan, Haridwar, India. **ISBN No. 81-89235-85-0.**

Chapters Published in Book:

1. **Bhardwaj, A. K. (2024).** *Learning: Nature and Types*. In: Pandit Sunderlal Sharma (Open) University, Chhattisgarh (Eds.) *Self learning material for PG in Psychology (Cognitive Psychological Process)*. University Publication (Accepted).
2. **Bhardwaj, A. K. (2024).** *Theories of Learning*. In: Pandit Sunderlal Sharma (Open) University, Chhattisgarh (Eds.) *Self learning material for PG in Psychology (Cognitive Psychological Process)*. University Publication (Accepted).
3. **Bhardwaj, A. K.** and Yadav, A. (2023). *Bhartiya shashtriya sangeet evam tanav prabandhan*. In: A. K. Bhardwaj, and K. Sakta (Eds.) *Bhartiya Gyan Parampara*, Ghaziabad, India: N. B. Publications. pp. 94-99. **ISBN 978-93-91550-15-8.** [Edited Book]
4. **Bhardwaj, A. K.** and Dubey, B. K. (2023). *Aatm-vishleshan evam vichar prabandhan me swadhyaya ka anuprayog*. In: A. K. Bhardwaj, and K. Sakta (Eds.) *Bhartiya Gyan Parampara*, Ghaziabad, India: N. B. Publications. pp. 135-143. **ISBN 978-93-91550-15-8.** [Edited Book]
5. Kaushik, P. and **Bhardwaj, A. K.** (2023). *Bhartiya Gurukul- Man ko unnat banane ki prayogshala*. In: A. K. Bhardwaj, and K. Sakta (Eds.) *Bhartiya Gyan Parampara*, Ghaziabad, India: N. B. Publications. pp. 155-162. **ISBN 978-93-91550-15-8.** [Edited Book]
6. Pathak, N. and **Bhardwaj, A. K.** (2023). *Bhartiya Gyan Parampara ka Aadhaar- Ved*. In: A. K. Bhardwaj, and K. Sakta (Eds.) *Bhartiya Gyan Parampara*, Ghaziabad, India: N. B. Publications. pp. 223-231. **ISBN 978-93-91550-15-8.** [Edited Book]
7. Parmarthdev, S. and **Bhardwaj, A. K.** (2023). *Ojasvi kavi Sri Prafulla Chandra Kunwar 'Bagi' ki kavya- rachnaon me bhartiya sanskriti ke vividh aayam*. In: A. K. Bhardwaj, and K. Sakta (Eds.) *Bhartiya Gyan Parampara*, Ghaziabad, India: N. B. Publications. pp. 242-259. **ISBN 978-93-91550-15-8.** [Edited Book]
8. Dubey, B. K. and **Bhardwaj, A. K.** (2022). *Bhartiya Sanskriti me Aatmsatikaran*. In: K. Sakta, and M. Nauriyal. (Eds.) *Bhartiya Sanskriti ke Vividh Ayaam*, Delhi, India: Kumud Publications. pp. 37-48. **ISBN 978-93-92023-23-1.** [Edited Book]

9. Yadav, A. and **Bhardwaj, A. K.** (2022). *Bhartiya Sanskriti ki Dharohar: Yog evam Ayurved*. In: K. Sakta, and M. Nauriyal. (Eds.) *Bhartiya Sanskriti ke Vividh Ayaam*, Delhi, India: Kumud Publications. pp. 79-82. ISBN 978-93-92023-23-1. [Edited Book]
10. Pathak, N. and **Bhardwaj, A. K.** (2022). *Bhartiya Sanskriti me Moksha ki Avdharna*. In: K. Sakta, and M. Nauriyal. (Eds.) *Bhartiya Sanskriti ke Vividh Ayaam*, Delhi, India: Kumud Publications. pp. 157-164. ISBN 978-93-92023-23-1. [Edited Book]
11. Negi, J. and **Bhardwaj, A. K.** (2022). *Bhartiya Hathयोगic Parampara me Shodhan Kriyaon ka Mahatwa*. In: K. Sakta, and M. Nauriyal. (Eds.) *Bhartiya Sanskriti ke Vividh Ayaam*, Delhi, India: Kumud Publications. pp. 165-175. ISBN 978-93-92023-23-1. [Edited Book]
12. Kaushik, P. and **Bhardwaj, A. K.** (2022). *Aadhyatmic Chetna ki Samvahak Bhartiya Sanskriti*. In: K. Sakta, and M. Nauriyal. (Eds.) *Bhartiya Sanskriti ke Vividh Ayaam*, Delhi, India: Kumud Publications. pp. 262-268. ISBN 978-93-92023-23-1. [Edited Book]
13. Mishra, G. and **Bhardwaj, A. K.** (2022). *Aajadi ke Amrit Mahotsav ke Uplakshya me Kavi Shri Prafulla Chandra Kunwar "Bagi" ki Rachnaon me Rashtra Prem Sampratyay: Ek Vimarsh*. In: Tirthankar Mahaveer Vishwavidyalaya, Moradabad. (Eds.) *Mahan Shikshashastriyon, Sahityakaron, Mahapurushon va Darshnikon ka Bharat ke Vikas me Mahatwapurn Avdaan*, Delhi, India: J. T. S. Publications. pp. 129-137. ISBN 978-93-92611-59-9. [Edited Book]
14. Bhardwaj, I., Kumar, D. and **Bhardwaj, A. K.** (2017). Lifestyle related causative factors of obesity and evidence-based applications of intensive yoga therapy in weight reduction. In: Professor Ishwar Bhardwaj. (Ed.) *Yogic Management of Life Style Disorders*, New Delhi, India: Satyam Publishing House. pp. 06-10. ISBN 978-93-85981-64-7. [Edited Book]
15. **Bhardwaj, A. K.** and Agrawal, G. (2016). Evidence based benefits of yoga for mental health promotion of adolescents. In: G. Venketesh Kumar, and Nov Rattan Sharma. (Eds.) *Behavioral Transformation in Applied Psychology*, New Delhi, India: Global Vision Publishing House. pp. 253-277. ISBN 978-81-8220-658-8. [Edited Book]
16. **Bhardwaj, A. K.**, Sao, H. K., and Agrawal, G. (2009). The Effect of *Pranakarshan Pranayam* on Anxiety and Depression Level of the Students. In: G. Shankar, and N. Korpai. (Eds.) *Holistic Personality*, Sagar, M.P., India: Pranjal Prakashan, pp. 122-128. ISBN 81-902504-6-9. [Edited Book]

Paper published in conference Proceedings:

1. **Bhardwaj, A. K.**, Telles, S., and Balkrishna, A. (2015). **Practice of *pratyahara* (withdrawal of the senses) for pain reduction in patients with MRI proven herniated lumbar disc**. Published in the proceedings of a national conference on 'Governance of Traditional Knowledge and Contemporary Innovations' organized by MHRD-IPR Chair, Indian Institute of Technology, Roorkee, India during March 13-14, 2015. Pages 33-36.

Scale Construction:

1. **Psycho-Immunity Scale (PIS)** constructed for the measurement of the level of adolescents' (ages range between 13 and 18 years) psycho-immunity and standardized on Indian adolescents.

Bhardwaj, A. K., Kotnala, A. Misra, O. P., & Verma, N. K. (2016). *Manual for Psycho-Immunity Scale (PIS) for Adolescents*. Bhagalpur, India: Dev Scientific Publication.

Conference Handbook/ Souvenir/ Proceeding Compiled:

1. Proceedings of two International Conferences entitled "Yoga for Health and Social Transformation" [Held in 2011 & 2013] (2017). Divya Prakashan, Haridwar, India. **ISBN No. 978-93-85721-45-8.**
2. Second International Conference on 'Yoga for Health and Social Transformation' organized by University of Patanjali & Patanjali Research Foundation held at Patanjali Yogpeeth, Haridwar during 7-10 January, 2013.
3. First International Conference on 'Yoga for Health and Social Transformation' organized by University of Patanjali & Patanjali Research Foundation held at Patanjali Yogpeeth, Haridwar during 2-5 January, 2011.

UGC approved Orientation and Refresher course:

1. Attended 28 days **UGC Sponsored 113th Orientation Program** at Human Resource Development Center, DDU Gorakhpur University, Gorakhpur, India between January 15 and February 11, 2019 with **Grade 'A'**.
2. Attended 14 days **UGC Sponsored Refresher Course in Education, Physical education and Psychology** at Human Resource Development Center, Lucknow University, Lucknow, India between January 17 - 30, 2020 with **Grade 'A'**.

Refresher course (Others):

1. Attended 14 days **Refresher Course on Vedic Science** organized by the University of Patanjali, Haridwar, India between June 19 and July 02, 2022 with **Grade 'A'**.

UGC approved Short term course and FDP:

1. Attended 7 days **UGC Sponsored Online Short term course** at Human Resource Development Center, DDU Gorakhpur University, Gorakhpur, India between October 04 and 10, 2023.
2. Participated in **UGC Sponsored NEP 2020 Orientation & Sensitization Programme** under Malviya Mission Teacher Training Programme (MM-TTP) of UGC organized by UGC-MMTTC, Patna University, Patna, India between January 09 and 19, 2024.

PhD Guidance as Main Supervisor:

Sl. no.	Name of the Scholar	Title
1.	Jaydeep Negi (JRF Yoga) Univ. of Patanjali	Effect of <i>Laghu Shankhaprakshalana Kriya</i> (Yogic Gastrointestinal Cleansing) on Body Composition, Interoceptive Awareness and Selected Physiological Parameters in Healthy Adults (Final Viva AWAITED)
2.	Neha Pathak (UGC-NET Yoga) Univ. of Patanjali	Effect of Selected yoga program on psycho-physiological variables related to obesity: A randomized controlled study (Final Viva AWAITED)
3.	Priyanshi Kaushik (UGC-NET Yoga) Univ. of Patanjali	Effectiveness of Yoga practice on postural balance, sleep quality and psychological parameters in geriatric population (Final Viva AWAITED)
4.	Pooja Arya (JRF-MHRD Psychology) Univ. of Patanjali	Changes in different aspects of mental health in patients having spinal cord injury following specialized yoga programme
5.	Manoj Kumar (UGC-NET Yoga) Univ. of Patanjali	<i>Hathyogic granthon main varnit shodhan kriyaon ki aadhunik samay main upadeyta evam chaynit shodhan kriyaon ka manovaigyanik prasannta anubhooti par prabhav ka prayogatmak adhyayan</i>

PhD Guidance as Co-Supervisor:

Sl. no.	Name of the Scholar	Title
1.	Shivani (UGC-NET Yoga) SGRR Univ., Dehradun	To study the effect of OM chanting, <i>bhramari pranayama</i> and <i>nadisodhan pranayama</i> on cognitive functions among medical students
2.	Sadhna Verma (UGC-NET Yoga) Univ. of Patanjali	Changes in Computer Vision Syndrome, Sleep Quality and Psychological Variables in Computer Users Following Yogic Visual Concentration (<i>Trataka</i>) FINAL VIVA COMPLETED, Provisionally awarded
3.	Kirti Maurya (UGC-JRF Yoga) Univ. of Patanjali	Bhavnatmak tanyakta (emotional resilience) ke pariprekshya me bhakti yog ki bhoomika: ek vivechanatmak addhyayan FINAL VIVA COMPLETED, Provisionally awarded

Master's dissertations/ theses guided:

Sl. no.	Title of Dissertation	Student's name	Year
1.	Impact of meditative cognitive therapy (MCP) on alpha-EEG, GSR and aggression among Indian university students	Dr. Sandeep Kumar Singh (IGNOU)	2023

2.	Effect of OM chanting on the performance of a six letter cancellation task	Ritika Payal	2022
3.	Changes in the level of stress following the practice of <i>yognidra</i>	Km. Shanya Patel	2022
4.	Correlation between sleep quality and dominant <i>dosha</i> in yoga practicing students	Dewangi Bisen	2022
6.	Effect of yoga practice on insomnia	Gagan Sharma	2022
7.	Correlation between psycho-immunity and quality of sleep in adolescents	Aanchal Sharma	2022
8.	Correlation between Meta-cognitive skills and yoga: a study on undergraduate students	Aman Kumar	2022
9.	Narcissistic Personality Traits between yoga and non yoga practitioners	Amit Shokeen	2021
10.	Mental health following yoga practice: an overview	Apoorva	2021
11.	Smartphone addiction and insomnia in college students: A correlational study	Priya Gulia	2020
12.	A comparative study on well-being between yoga and non-yoga practitioners	Nikita Yadav	2020
13.	Level of spirituality and emotional intelligence following one month of integrated yoga programme	Pooja Arya	2019
14.	Emotional maturity between yoga and non- yoga practitioners: a comparative study	Ritika Porwal	2019
15.	Spiritual attitude and aggression among rural and urban adults: A correlational study	Karishma Kaushik	2019
16.	Immediate effect of Yognidra on psychological well-being, physical relaxation and focused attention in patient population	Shruti Tripathi	2019
17.	A correlational study between smart phone addiction and quality of sleep in adult population	Pragya Gupta	2019
18.	Perception of illness and Quality of sleep following one week of integrated therapy programme in patient population	Shefali Sharma	2018
19.	Changes in state anxiety and selective attention in medical students following a single session of OM meditation: a single group study	Kusumlata	2018
20.	Job Satisfaction and sleep quality in computer users: a correlational study	Kumari Lavika	2018
21.	Efficacy of <i>Bhramari pranayama</i> on selective attention and state anxiety in students: a single group study	Himanshu Joshi	2017
22.	Mental health and job satisfaction in employees following short	Mansa Krishna	2017

	term integrated yoga program		
23.	Emotional intelligence in yoga and non-yoga practitioners: a comparative study	Kumari Poonam	2017

Invited talk/ presentations as a Resource person in Universities and training camps:

1. Invited lecture on **‘Importance of Self-Introspection’** as a Speaker in a 7-Day National Webinar on ‘International Yoga Week’ at University of Patanjali, Haridwar during June 15 to 21, 2021. (17 June 2021).
2. Invited lecture on **‘Clinical and Yogic perspective of mental health’** as a Speaker in a 7-Days International Mental health Week on ‘MIND: Unlock your Trueself’ at Divya Karuna Kalyan Samiti (NGO), India during October 07 to 13, 2020.
3. Invited lecture on **‘Quality of Thoughts and Happiness’** as a Speaker in a 7-Day National Webinar on ‘Yoga, Ayurveda and other Indigenous Techniques for Psycho-physiological Immunity’ at University of Patanjali, Haridwar during June 15 to 21, 2020.
4. Invited presentation on **‘Hope and Happiness: Mantra for Success’** as a Speaker in a Online Yoga and Wellness Talk Series Organized by Pragya Yoga Alliance, Jaipur, Rajasthan during April 12 to June 21, 2020.
5. Invited lecture on **‘Recharge yourself through positive thinking’** as a Speaker in a 7-Day International Webinar on ‘Role of Alternative and Complementary Therapies to Combat COVID-19: An Integrative Approach’ at Yoga and Naturopathy Education Centre, Mahatma Gandhi Kashi Vidyapith, Varanasi during April 27 to May 03, 2020.
6. Delivered a lecture on **‘Statistics and research method in yoga’** as a Resource person in the Deptt. of Yoga science at Uttarakhand Sanskrit University, Haridwar on December 02, 2019.
7. Delivered a lecture on **‘Applications of Yoga therapy for the management of psychological disorders’** as a Resource person in a workshop entitled **‘5th National Workshop on Drugless therapy through Yoga and naturopathy’** jointly organized by Niramaya Yogam Research Foundation, Haridwar and Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar during November 26-30, 2019.
8. Conducted a two days workshop entitled **“Effective Research Paper, Dissertation, Thesis writing and Publication”** at the Deptt. of Psychology, Dev Sanskriti University, Haridwar between 5 and 6 October, 2018 as a **Guest Speaker**.
9. Delivered an **invited talk/ presentation** on **“Application of Karmayoga for better performance at workplace”** in a technical session on Corporate Yoga (October 14, 2018) at a national conference entitled **“Modeling, Optimization and Computing for Engineering Problems (MOCEP): Use of Technical Hindi Terminology”** jointly organized by IIT Roorkee and Ministry of Human Resource and Development, New Delhi at **IIT Roorkee** between 12 and 14 October, 2016.
10. Delivered a lecture on **‘Self Management’** as a Resource person in a workshop entitled **‘2nd National Workshop on Therapeutic Applications of Yoga’** jointly organized by Niramaya Yogam Research Foundation, Haridwar and Bhagwandas Adarsh Sanskrit Mahavidyalaya, Haridwar during March 7-11, 2018.

11. 10 days lectures on ‘**Yoga Psychology**’ for post graduate students of the Deptt. of Yoga Science, University of Patanjali, Haridwar during April-May, 2017.
12. Presentation on ‘**How to assess psychological variables**’ (e.g. quality of life, physical activity, dietary assessment in obese patients) and ‘how to take signed consent and socio-demographic data’ during the Nationwide research based obesity training program between March 3-7, 2016 for the participants (n = 600) from all over India.
13. Presentation on ‘**Psychological benefits of yoga**’ and ‘**Philosophical aspects of *Ashtang yoga***’, on January 19, 2016, for the participants at Patanjali Yogpeeth, Haridwar [n = 850 (600 Primary school teachers from Sikkim and 250 army personnel from different regiment)].
14. Presentation on ‘**How to assess 24 hours dietary recall?**’ during October 10-15, 2015 for the participants (n = 200) of nationwide obesity movement started by Revered Swami Ramdev Ji.
15. Delivered lectures on ‘**Mental retardation**’ and ‘**Disruptive behavior disorders**’ for undergraduate students of the University of Patanjali, Haridwar (Session: 2013-14).

International Conference/ workshop organized:

1. International Conference on ‘**Modernization of Traditional Indian Medicine: Public Health & Industrial Perspective**’ organized by Patanjali Research Institute and University of Patanjali held at Univ. of Patanjali, Haridwar during 1-4 August, 2022.
2. 7-Day National Webinar on ‘**International Yoga Week**’ at University of Patanjali, Haridwar during June 15 to 21, 2021. (17 June 2021).
3. 7-Days National Webinar on ‘**Yoga, Ayurveda and other Indigenous Techniques for Psycho-physiological Immunity**’ at University of Patanjali, Haridwar during June 15 to 21, 2020.
4. Workshop on ‘**Entrepreneurship Development**’ jointly conducted by Future Icons Foundation and State Bank of India at the University of Patanjali, Haridwar, Uttarakhand, on March 23, 2019.
5. Conducted a two days workshop entitled “**Effective Research Paper, Dissertation, Thesis writing and Publication**” at the Deptt. of Psychology, Dev Sanskriti University, Haridwar between 5 and 6 October, 2018 as a **Guest Speaker**.
6. Workshop on ‘**The Science of *Pranayama*: A Presentation Based on Scientific Evidence**’ organized by Patanjali Research Foundation & the University of Patanjali, Haridwar, Uttarakhand, on December 4, 2016.
7. Workshop on ‘**Yoga for better attention, memory and associated functions**’ organized by Patanjali Research Foundation & University of Patanjali during February 21 and 22, 2015.
8. Second International Conference on ‘**Yoga for Health and Social Transformation**’ organized by University of Patanjali & Patanjali Research Foundation held at Patanjali Yogpeeth, Haridwar during 7-10 January, 2013.
9. First International Conference on ‘**Yoga for Health and Social Transformation**’ organized by University of Patanjali & Patanjali Research Foundation held at Patanjali Yogpeeth, Haridwar during 2-5 January, 2011.

Research based Articles Published in reputed national Magazine:

1. 'Manav Utkarsh Ki Prayogshala: Prachin Bhartiya Gurukul' in *Yog Sandesh* (April-May, 2024, Year 21(08-09), pages 38-43), Patanjali Yogpeeth, Haridwar.
2. 'Manaviya Utkarsh Ke Sutra' in *Acharya* (January-June, 2024, Bhartiya Shikshan Mandal, Uttarakhand Prant.
3. 'Yog Abhyas se Parishkrit Vyaktitva ka Nirman' in *Yog Sandesh* (November, 2023, Year 21(03), pages 38-40), Patanjali Yogpeeth, Haridwar.
4. 'Mano-pratiraksha Abhivardhan hai aavashyak' in *Yog Sandesh* (October, 2023, Year 21(02), pages 42-44), Patanjali Yogpeeth, Haridwar.
5. 'Swadhyayat ma pramadah' in *Yog Sandesh* (September, 2023, Year 21(01), pages 50-51), Patanjali Yogpeeth, Haridwar.
6. 'Mansik aarogya evam vyaktitwa samvardhan hetu swadhyaya ka anuprayog' in *Patanjali Vishwavidyalaya Prabha* (July-December, 2020, Issue 04(03-04), pages 17-18), University of Patanjali, Haridwar.
7. 'Yogaschittavrittinirodhah' in *Patanjali Vishwavidyalaya Prabha* (January-June, 2020, Issue 04(01-02), pages 21-22), University of Patanjali, Haridwar.
8. 'Yoga To Improve Concentration In Children (Yoga research)' in *Patanjali Vishwavidyalaya Prabha* (April-June, 2019, Issue 03(02), pages 12-14), University of Patanjali, Haridwar.
9. 'Infinite needs and human life (Life management)' in *Patanjali Vishwavidyalaya Prabha* (Jan-March, 2019, Issue 03(01), page 16), University of Patanjali, Haridwar.
10. 'Psycho-Immunity: Psychological Layer of Protection against Mental Illness (Yoga Research)' in *Patanjali Vishwavidyalaya Prabha* (October-December, 2018, Issue 02(04), pages 12-13), University of Patanjali, Haridwar.
11. 'Evidence-based yoga practices and other suggestions for computer users (Yoga Research)' in *Patanjali Vishwavidyalaya Prabha* (July-September, 2018, Issue 02(03), page 15), University of Patanjali, Haridwar.
12. 'Golden Tips for Human Excellence (Life Management)' in *Patanjali Vishwavidyalaya Prabha* (April-June, 2018, Issue 02(02), page 16), University of Patanjali, Haridwar.
13. 'Occupational stress in teachers and its management through yoga' in *Yog Sandesh* (January, 2017, Year 13(11), pages 50-52), Patanjali Yogpeeth, Haridwar.
14. 'Evidence based yogic suggestions for computer users' in *Yog Sandesh* (July, 2016, Year 13(11), pages 50-52), Patanjali Yogpeeth, Haridwar.
15. 'Proven yogic approaches by Patanjali Yogpeeth in the management of a global health problem Depression' in *Yog Sandesh* (November, 2015, Year 13(3), pages 30-32), Patanjali Yogpeeth, Haridwar.
16. 'Yogic Jivan-Shaili apnakar kishoravashtha ki chunautiyon se karen mukabla' in *Yog Sandesh* (May, 2015, Year 12(9), pages 20-23), Patanjali Yogpeeth, Haridwar.
17. 'Yoga for concentration in children' in *Yog Sandesh* (August, 2014, Year 11(12), pages 60-61), Patanjali Yogpeeth, Haridwar.

18. 'Research on different ailments in Patanjali Yogpeeth' in *Yog Sandesh* (June, 2013, Year 10(10), pages 32-33), Patanjali Yogpeeth, Haridwar.
19. 'Yoga for back pain' in *Yog Sandesh* (October, 2011, Year 9(2), page 50), Patanjali Yogpeeth, Haridwar.

Presentation in International Conference/ Symposium/ Seminar:

1. 'Performance in a substitution task and state anxiety level following yoga in army recruits' presented at the Second International Conference on 'Yoga for Health and Social Transformation' organized by Patanjali Research Foundation, Haridwar during 7-10 January, 2013.
2. 'Spinal flexibility, the level of pain and mental stress in patients with MRI proven herniated lumbar disc: a randomized control trial' presented at the "International Conference on Yoga, Naturopathy (ICYN) and Aarogya Expo-2012" at Bangalore, India during 10-12 February, 2012.
3. 'Effect of Yoga on Self-esteem in school children' presented at the First International Conference on 'Yoga for Health and Social Transformation' at Patanjali Yogpeeth, Haridwar during 2-5 January, 2011.
4. 'The Effect of *Pranakarshan Pranayam* on Anxiety and Depression Level of the Students' presented at the 5th International Conference of World Council for Psychotherapy (Asian Chapter) at Chandigarh (India) during 5-8 Jan., 2010.
5. '*Swadhyaya Chikitsa* (Therapy): A Wonderful Technique for Healthy Mind & Cognitive Restructuring' presented at the 4th International Symposium on 'Cognition Stress & Mental Health' at Dept. of Psychology, B.H.U., Varanasi during 14-16 Dec., 2009.
6. '*Manovigyan ke paridrishya me Vedic Chintan*' presented at the 'World Veda Conference' at Gurukul Kangri Univ., Haridwar during 20-22 Nov., 2009.

Presentation in National Conference/ Seminar:

1. 'Aajadi ke Amrit Mahotsav ke Uplakshya me Kavi Shri Prafulla Chandra Kunwar "Bagi" ki Rachnaon me Rashtra Prem Sampratyay: Ek Vimarsh" presented in a national conference on "Mahan Shikshashastriyon, Sahityakaron, Mahapurushon va Darshnikon ka Bharat ke Vikas me Mahatwapurn Avdaan" organized by Tirthankar Mahaveer Vishwavidyalaya, Moradabad during February 03-05, 2022.
2. 'Practice of *pratyahara* (withdrawal of the senses) for pain reduction in patients with MRI proven herniated lumbar disc' presented in a national conference on 'Governance of Traditional Knowledge and Contemporary Innovations' organized by MHRD-IPR Chair, Indian Institute of Technology, Roorkee, India during March 13-14, 2015.
3. 'Psychological impact of advertising on adolescents' presented at a national seminar on 'Journalism for positive change' organized by Center for Journalism and Mass Communication, Dev Sanskriti University, Haridwar during 1-2 November, 2014.
4. 'A comparison of self-esteem in male and female school and university students' presented at the 58th Annual Conference of the Association of Physiologists and Pharmacologists of India

(APPI) at Department of Physiology, Subharti University, Meerut during 18-20 December, 2012.

5. 'Psychotherapy and Geeta" presented at the National Seminar on 'Indigenous Techniques in Psychotherapy – concepts and applications' organized by the Department of Clinical Psychology, DSVV, Haridwar, India at DSVV, Haridwar, during 25-27 March, 2012.
6. 'Effect of Yoga on Self-esteem and Cognitive functions in school children' presented at the 57th Annual Conference of the Association of Physiologists and Pharmacologists of India (APPI) at Department of Physiology, All India Institute of Medical Sciences, AIIMS, New Delhi during 13-17 December, 2011.
7. 'Management of life problems by Value-based education' presented at National Seminar on 'Value-Based Education' jointly organized by DSVV, Haridwar and *Shiksha Sanskriti Utthan Nyas*, New Delhi at DSVV, Haridwar during 3-4 October, 2009.
8. '*Aatmbodh-Tatvabodh Sadhana: Panacea for Stress Management*' presented at the UGC sponsored National Seminar on 'Stress & its Management' at T.M. Bhagalpur Univ., Bhagalpur (Bihar) during 3-4 August, 2009.
9. 'To study the effect of KBPS yogic package on stress level of people' presented at the UGC sponsored National Seminar on 'Stress & its Management' at T.M. Bhagalpur Univ., Bhagalpur (Bihar) during 3-4 August, 2009.
10. 'The effect of *Antah Urja Jagran Satra* on inferiority, insecurity & self confidence' presented at the National Seminar on 'Mental Health & Current Scenario' at Gurukul Kangri University, Haridwar (Uttarakhand) during 20-21 March, 2009.

Workshops attended:

1. Five days workshop on 'Yoga Sutra and its Technical Terminology' organized by Commission for Scientific and Technical Terminology, Department of Higher Education, Govt. of India at the University of Patanjali, Haridwar, during August 27-31, 2020.
2. Two days 'Yoga Professional Examiner Qualification Workshop' organized under the Yoga Certification Scheme by Quality Control of India at Parmarth Niketan, Rishikesh, Uttarakhand, during October 31-November 01, 2017.
3. One day workshop on 'The Science of *Pranayama: A Presentation Based on Scientific Evidence*' organized by Patanjali Research Foundation & the University of Patanjali, Haridwar, Uttarakhand, on December 4, 2016.
4. Seven days 2nd National workshop on 'Yoga and alternative therapies' organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri University, Haridwar, Uttarakhand, during 09-15 March, 2015.
5. Two days workshop on 'Yoga for better attention, memory and associated functions' organized by Patanjali Research Foundation & the University of Patanjali, Haridwar, Uttarakhand, during 21-22 February, 2014.
6. Two days workshop on 'The Scientific Basis of Yoga for Weight Management' organized by Patanjali Research Foundation & the University of Patanjali, Haridwar, Uttarakhand, during 11-12 October, 2014.

7. Two days workshop on ‘Recent Advances in Yoga and Stress’ organized by the University of Patanjali & Patanjali Research Foundation, Haridwar, Uttarakhand, during 1-2 February, 2014.
8. 10 days Certificate course on ‘Research Methods for Traditional Medicine (Level-1)’ organized by Patanjali Research Foundation, Haridwar during October 19 to 29, 2013.
9. Two days workshop on ‘Counseling and Therapy’ organized by the Dept. of Clinical Psychology, Dev Sanskriti University, Haridwar, Uttarakhand, during 26-28 September, 2013.
10. Two days workshop on ‘Research Methodology’ organized by the Dept. of Clinical Psychology, Dev Sanskriti University, Haridwar, Uttarakhand, during 10-11 September, 2013.
11. Two days workshop on ‘Thematic Apperception Test – Uses and it’s application in testing’ by Indian Psychological Institute (IPI) and Prasad Psychological corporation at Gautam Buddha University, U.P., during 21-22 September, 2012.
12. Two days workshop on ‘Yogic Managements of Techno Stress’ at MDNIY, New Delhi during 17-18 Feb., 2010.
13. A scientific seminar and workshop on ‘Su Jok Acupressure’ organized by The Indian Academy of Su Jok Science, Indore at Indore on 10th December, 2007.
14. 45 days (6 weeks) workshop on ‘Clinical Skills & Mental Health’ at VIMHANS, New Delhi during 1st June – 15th July, 2007.

[**Topics covered:** Orientation to clinical skills; Emerging trends in assessment and therapies; Child and adolescent issues in mental health; Adult mental health issues]
15. Seven days ‘Basic Acupressure Training’ organized by Bhartiya Acupressure Sansthan, Lucknow, India at DSVV, Haridwar during July 01-07, 2006.
16. Seven days ‘*Yuva Yoga Parichay Satra*’ organized by T.M. Bhagalpur University, Bihar and Conducted by *Yuva Yoga Mitra Mandal, Bharat* at T.N.B. College, Bhagalpur during January 22-28, 2003.

Participation in International/ National Conference/ Symposium/ Seminar:

1. International Conference on ‘**Achieving Holistic Health through Ayurveda along with Advanced Technologies**’ organized by Ministry of AYUSH, Patanjali Research Institute and University of Patanjali held at Univ. of Patanjali, Haridwar during 1-3 May, 2023.
2. International Conference on ‘**Modernization of Traditional Indian Medicine: Public Health & Industrial Perspective**’ organized by Patanjali Research Institute and University of Patanjali held at Univ. of Patanjali, Haridwar during 1-4 August, 2022.
3. Four days International Conference (YANTRA 2020) on ‘Yoga and Neurosciences: Traditions and Research Approaches’ organized by NIMHANS, Bengaluru, India on October 9th, 10th, 16th and 17th 2020.
4. International Seminar on ‘Integrated approach to autoimmune disorders’ (Aayushkaameeya-19) organized by Patanjali Bhartiya Ayurvigyan evam Anusandhan Sanshthan, Haridwar at Patanjali Yogpeeth, Phase-II, Haridwar, during 04-06 August, 2019.

5. GYAN KUMBH-2018 (National conference on Quality Improvement in Higher education) organized by the University of Patanjali (UOP), Haridwar and the Govt. of Uttarakhand, India at UOP, Haridwar on 3-4 November 2018.
6. International Hindi Conference on '*Vishva me Hindi Shikshan: Naye Aayam, Nayi Drishti*' organized by the University of Patanjali (UOP), Haridwar, and Hindi Sangam Foundation, India at UOP, Haridwar on September 17, 2017.
7. International Festival on 'Yoga, Culture and Spirituality' organized by AWGP, Shantikunj, Haridwar, India and DSVV, Haridwar, India at DSVV, Haridwar, during 2-6 October, 2012.
8. International Vedic Conference & 15th India Conference of WAVES on 'Veda and Thought Revolution' jointly organized by DSVV, Haridwar, India and Wider Association for Vedic Studies (WAVES), India & USA at DSVV, Haridwar, during 14-17 March, 2012.
9. 4th International Conference and Gathering of the Elders jointly organized by Dev Sanskriti University, Haridwar, India and International Centre for Cultural Studies (ICCS), Nagpur, India at DSVV, Haridwar, during 3-7 March, 2012.
10. International Festival on 'Yoga, Culture and Spirituality' organized by the Uttarakhand Tourism and DSVV, Haridwar, India at DSVV, Haridwar, during 2-6 October, 2011.

Award (Samman)/ Appreciation Received:

1. *Shikshak Samman* (05 September 2021) by the University of Patanjali, Haridwar for Teaching, Research and other administrative activities.

References:

1. **Prof. (Dr.) Mahavir Agrawal Ji, Ph.D., D.Litt.**
Pro Vice Chancellor, University of Patanjali, Haridwar
Ex. Vice-Chancellor, Uttarakhand Sanskrit University, Haridwar
Mobile no. - +91 9719004452
2. **Prof. (Dr.) N. K. Verma, Ph.D.**
Ex. Vice-Chancellor, T. M. Bhagalpur University, Bhagalpur, Bihar
Mobile no. - +91 9835015847

I declare that all the statements are true and correct to the best of my knowledge.

Date: May 14, 2024

Place: Haridwar

Abhishek Kumar Bhardwaj

(Signature)