

# **CURRICULUM VITAE**

**DR. NIDHEESH KUMAR YADAV**

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

**Associate Professor & Head  
Department of Yoga Science  
University of Patanjali, Haridwar**

## PERSONAL PARTICULARS

|               |  |
|---------------|--|
| Name          | Dr. Nidheesh Kumar Yadav                                     |
| Designation   | Associate Professor,   |
| Date of Birth | 15 <sup>th</sup> Feb, 1978 (44 Years)                        |
| Nationality   | Indian   |
| Call          | +91 9313186405   |
| Email         | <a href="mailto:yadavnr@gmail.com">yadavnr@gmail.com</a>     |
|               | <a href="mailto:nidheesh@uop.edu.in">nidheesh@uop.edu.in</a> |



## EDUCATION

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

## AWARDS

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

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

### **PROFESSIONAL APPOINTMENTS**

**Associate Professor & Head**, Dept. of Yoga, University of Patanjali, Haridwar- 249405 (U.K)

**Asst Professor**, Dept. of Yoga, University of Patanjali, Haridwar- 249405 (U.K)

**Lecturer**, Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kunalayananda Marg, **Kaivalyadhama, Lonavla-410403, Pune (M.S.)**

**Academic Staff** under different Yoga modules (Post Graduate Diploma in Yoga Science and Foundation Course in Yoga Science) at *Morarji Desai National Institute of Yoga, New Delhi* (an autonomous body under **Ministry of AYUSH, Govt. of India**).

**Consultant (Yoga Expert)** for Swami Vivekananda District Yoga Wellness Centers (SVDYWCs) under Public Private Partnership scheme at *Morarji Desai National Institute of Yoga, New Delhi* (an autonomous body under **Ministry of AYUSH, Govt. of India**).

**Yoga Physician**, at *Yoga Therapy and Research Center, Rajan Babu Institute of Pulmonary Medicine and Tuberculosis (RBIPMT), Kingsway Camp, New Delhi*, sponsored by Morarji Desai National Institute of Yoga, New Delhi (**Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India**).

**Programme Coordinator (Yoga)**, *Departmental Training for Border Security Force (BSF) personnel* under “*Three and half months, Residential Certificate course in Yoga Science for BSF personnel*” at **BSF training center Chhawla, New Delhi** in collaboration with Morarji Desai National Institute of Yoga, New Delhi (Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India)

### **MEMBERSHIPS**

- 2023 **Yog Chikista Acharya** recognized by India Yoga Association
- 2022 **Life Member, Patanjali Yogpeeth Trust, Haridwar**
- 2022 **Member**, Sub Committee Yoga Therapy under Standing Academic Accreditation Committee of Indian Yoga Association.
- 2022 **Joint Secretary, IYA Uttarakhand Chapter of Indian Yoga Association.**
- 2022 **Member, Standing Academic and Accreditation Committee, IYA**

- Jan 2021 **Joint Secretary, Uttar Pradesh Yogasana Sports Association** under National Yogasana Sports Federation affiliated with Sports authority of India.
- 2021 **Member**, working group for **Yoga for Old Age Project** under **Indian Yoga Association IYA**.
- Jan 2021 **Joint Secretary, Uttar Pradesh Yogasana Sports Association** under National Yogasana Sports Federation affiliated with Sports authority of India.
- 18<sup>th</sup> Mar 2019 **Life Member for Indian Yoga Association, New Delhi.**

### **PROFESSIONAL RESPONSIBILITIES**

- 17 Nov 2023 **Yoga Therapy Consultant**, certified by Indian Yoga Association.
- 25 July 2023 **Head, Department of Yoga Science**, University of Patanjali, Haridwar
- 03.Mar.2023 As **Joint Secretary Of IYA Uttarakhand** actively participated in National Conclave of State Chapter Committee of IYA at Anuvrat Bhawan, New Delhi
- 24.Feb.2023 **Member, International Cell**, University of Patanjali, Haridwar
- 27<sup>th</sup> Feb 2021 **Expert Committee Member** for Yoga Programmes in IGNOU University, Delhi
- 24<sup>th</sup> Feb 2021 **Coordinator** for Faculty of Naturopathy & Yoga Sciences, **University of Patanjali, Haridwar**
- 24<sup>th</sup> Nov 2020 **Secretary, Research Committee**, University of Patanjali, Haridwar
- 05<sup>th</sup> Oct 2020 **Appointed as Supervisor/Guide** for PhD scholars of University of Patanjali, Haridwar.
- 2020 **Member, Yoga Certification Board, Patanjali Yogpeeth, Haridwar**
- 08<sup>th</sup> July 2020 **Member for Board of Studies**, Dept of Yoga, Jamshedpur Womens College, Jamshedpur.
- 19<sup>th</sup> Feb 2020 Consultant to **Placement Cell**, University of Patanjali.
- 11<sup>th</sup> Sept 2019 Member Prevention of **Sexual Harassment Committee (PoSHC)**, of University of Patanjali, Haridwar
- 07 Aug 2019 **Appointed as Co-Guide** for PhD scholar of University of Patanjali, Haridwar.
- 12<sup>th</sup> July 2019 **Committee Member** to establish Naturopathy College in Patanjali Yog Peetha.

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| May 2019                                      | <b>Resource Person</b> for syllabus preparation for BSc Yoga Science course for University of Patanjali, Haridwar.   |
| April 2019 onwards                            | Guest Faculty, paper setter, evaluator and examiner for Yoga subjects of <b>BNYS (Bachelors in Naturopathy and Yoga Studies) Course IIMT, Meerut.</b>  |
| Jan 2019                                      | Prepared Yoga Module for PGD Courses in Yoga for <b>National Institute of Open Schooling (NIOS)</b> under <b>Ministry of Human Recourse and Development (MHRD)</b> , Govt of India, New Delhi.   |
| 10 Sept 2018                                  | Hosted students of Department of Public Health, <b>University of Wolverhampton, United Kingdom (U.K)</b> for Summer Programme on "Health in India".  |
| 09th to 14 <sup>th</sup> Aug 2018.            | <u>As <b>Lead Examiner for International Yoga Professional Certification at Osaka and Tokyo, Japan</b> organized by Indian Yoga Association as PrCB under the guidelines of <b>Yoga Certification Board, Morarji Desai National Institute of Yoga.</b></u> |
| Sept 2017                                     | Deputed as Hostel Warden in University of Patanjali, Haridwar  |
| 27 <sup>th</sup> July 2017 onwards            | <b>Member of Technical Expert Committee</b> for School Certification process by Personal certification Body <b>Indian Yoga Association on account of Quality Council of India, New Delhi</b>   |
| July 2017 onwards                             | Guest Faculty, paper setter, evaluator and examiner for Yoga courses run under <b>Chaudhary Charan Singh University, Meerut.</b>   |
| April, 2016                                   | <b>Resource Person</b> for syllabus preparation for various Yoga Courses for <b>Mahatma Gandhi University, Kottayam, Kerala.</b>   |
| 7 <sup>th</sup> -12 <sup>th</sup> March, 2016 | <b>Coordinator</b> for <b>Continuing Medical Education (6 Days C.M.E)</b> in Yoga for AYUSH/Allopathy Doctors funded by Min. of AYUSH at Kaivalyadhama.  |
| June 2016 onwards                             | <u><b>Examiner for Yoga Certification</b> for various levels organized by <b>Indian Yoga Association (I.Y.A.)</b> on behalf of <b>QCI, New Delhi</b></u>   |
| 01 <sup>st</sup> July 2020                    | Resource Person/speaker for International Webinar organized by Indra Gandhi University, Meerpur, Rewari, Haryana.  |
| November, 2015                                | <b>Coordinator</b> for <b>Orientation Training Programme (O.T.P)</b> in Yoga for Yoga Professionals funded by Min. of AYUSH at Kaivalyadhama,.   |
| October, 2015 onwards                         | <b>Examiner for Yoga Certification</b> for various levels organized by Quality Council of India, New Delhi.  |

## **INTER-NATIONAL SEMINAR/CONFERENCES/WORKSHOPS/TRAINING**

1. 29 Jan- 02 Feb 2024 Resource Person, Online Workshop on Teaching Methodology in Yoga organized by Karnataka Sanskrit University, Bengaluru.
2. Jan 2024 Resource Person, CCY Program, three Online Session organized by MDNIY, New Delhi
3. Dec 07-08, 2023 **Guest Speaker & Chaired Session** at 6<sup>th</sup> International Conference on Yoga, Yagya and Ayurveda organized by ShriramYog Training & Research Society & AIIMS Rishikesh.
4. 22 June 2023 **Guest Speaker** for International hybrid Webinar on “Yoga for Humanity: Vasudaivakutumbakam” organized by Center for Yogic Sciences, Aarupadai Veedu Medical College & Hospital, Puducherry.
5. 19 June 2023 Special Invitee for International Day of Yoga 2023, Department of Sports, IIT Roorkee.
6. 01-04 Aug 2022 **Member of Organizing Committee** for International Seminar on Modernization of Traditional Indian Medicine: Public Health & Industrial Perspective organized by Patanjali Research Institute, Haridwar.
7. 21<sup>st</sup> Jun 2022 **Resource Person** for Human Life & Yoga at One day International Online Conference organized by Mahatma Phule Mahavidyalaya, Ahmedpur Latur.
8. 25<sup>th</sup> May 2022 **Resource Person, for International Conference** on Indian Traditional Yoga Systems; Theory & Practice, Dept of Yoga Science, Gurukul Kangari (Deemed to be University) Haridwar, 24-26 May 2022.
9. 17<sup>th</sup> June 2021 **Speaker for Scientific Inter-relationship of Gross & Subtle body** at 7 Days International Yoga Seminar during 7<sup>th</sup> International Yoga Day organized by University of Patanjali, Haridwar
10. 20<sup>th</sup> June 2020 Speaker for **Misconceptions of Yoga** at 7 days International Seminar on the occasion of 6<sup>th</sup> International Yoga Day at University of Patanjali, Haridwar
11. 07<sup>th</sup> Jun 2020 Coordinated Global Yoga Webinar on **Yoga: The Immunity Booster** for University of Patanjali.
12. 21<sup>st</sup> June 2019 **Resource Person to deliver lecture on 5<sup>th</sup> International Yoga Day (21<sup>st</sup> June)** conducted jointly by Central Hindi Directorate and Commission for Scientific and Technical Terminology , **Ministry of Human Resource Development (MHRD), Government of India.**
13. 12<sup>th</sup> Feb 2019 **Guest Speaker** to address a Technical Session in 1<sup>st</sup> Global Yoga Festival organized by **Gobal Yoga Alliance, at Conventional Hall, Connaught Place, New Delhi.**

- 14 Jun 2018 **Invited Speaker to 8<sup>th</sup> International Seminar by Wonkwang Digital University, South Korea** and presented paper on INDIAN NATURAL HEALTH THEORY & PRACTICE, June 2018.
- 15 December, 2015 **Member of Organizing Committee** of 8<sup>th</sup> International Conference on Yoga & Education at Kaivalyadhama,
- 16 2014 onwards **Guest Faculty for Himalayan Yoga Institute, London, United Kingdom.**

### **NATIONAL SEMINAR/CONFERENCES/WORKSHOPS/TRAINING**

- 1 16<sup>th</sup> June 2023 **Guest Speaker** for National Workshop on Yoga for lifestyle disorders organized by Dept of Yoga Education, Yoga & Meditation Center, Doctor Harisingh Gaur Vishwavidyalaya Sagar, MP
- 2 10<sup>th</sup> June 2023 Guest Speaker, for Seminar on “Yoga for Spirituality” organized by Faculty of Yoga & Alternative Medicine, Lucknow University.
- 3 23 May- 02 Jun 2023 **Guest Lecture**, Certificate Course in Yoga Therapy Assistant Course (CYTA) program MDNIY New Delhi.
- 4 14-15 May 2023 **Resource Person for YOGA TECH CONCLAVE**, organized by Dept of Heritage Science & Technology (HST), IIT Hyderabad.
- 5 26-27 Mar 2023 Resource Person for Yoga Training Program for Professors of Physical Education & Sports, Govt of UP organized at Mahatma Jyotiba Phule **Ruhelkhand University, Bareilly.**
- 6 17. Mar.2023 **Resource Person** for workshop on Mind Body Medicine; Path Ahead in Managing Lifestyle related Disorders. Add Meditation to your Medicine organized by Collaborative Center for Mind Body Intervention through Yoga, **AIIMS, Rishikesh.**
- 7 02<sup>nd</sup> Dec 2022 **Resource Person** for Guest Lecture on “**Application of Hatha-Yoga in current scenario**” at School of Health Sciences, CSJM University Kanpur
- 8 30<sup>th</sup> Nov 2022 **Chaired Scientific Session** at 18<sup>th</sup> National Seminar on Effects of Yoga & Naturopathy for Digestive System, organized by **Faculty of Yoga & Alternative Medicine, University of Lucknow, 2<sup>nd</sup> Campus, Jankipuram, Lucknow**
- 9 26<sup>th</sup> Apr 2022 **Coordinated 6 days Workshop** on Pranic Healing & Acupressure, Dept of Yoga Science, University of Patanjali. Haridwar
- 10 21<sup>st</sup> Mar 2022 **Online Guest Lecturer for Paper I & Paper II of Certificate Course in Yoga for Therapy Assistant (CCYTA)** for 10 days at MDNIY, New Delhi.

- 11 17<sup>th</sup> Mar 2022 **Participated in One day online workshop for YCB empanelled Observer, Lead Examiners & Examiners and Empanelled as Lead Examiner for 17.03.2022 to 16.03.2025 for Yoga Certification Board.**
- 12 14<sup>th</sup> Mar 2022 **Invited Lecture on Education, Health & Self Sustainment at University Institute of Health Sciences, Chhatrapati Sahu Ji Maharaj University Campus, Kalyanpur Kanpur.**
- 13 12<sup>th</sup> Mar 2022 **Invited Guest for Inaugural session of Yoga Utsav-2022 organized by Universal Yoga Consciousness (UYCON) at Bharat Ghat, Ganga Resort, Rishikesh, Uttarakhand.**
- 14 10<sup>th</sup> Mar 2022 **Online Guest Speaker for Weakly lecture series on Education, Health & Self sustainment in relation to Yoga at University Institute of Health Sciences, CSJMU, Kanpur.**
- 15 05<sup>th</sup> Oct 2021 **Resource Person for Yama Niyama: Crucial Component of Hatha Yoga at one week workshop on Spirituality, Yoga & Ethics, conducted by UGC HRDC, Guru Jambheshwar Das University of Science & Technology (GJUS&T) Hissar.**
- 16 26<sup>th</sup> July 2021 **Speaker for Health & Disease during Jnana Pravah organized by University of Patanjali, Haridwar.**
- 17 26<sup>th</sup> June 2021 **Speaker for Yoga Therapy in relation to Prana during Jnana Pravah organized by University of Patanjali, Haridwar.**
- 18 21<sup>st</sup> June 2021 **Lecture on Hathayoga for Yoga for Unity & Wellness, organized by Shri Ram Chandra Mission, India**
- 19 21 May -21 June 2021 **Guest Lecture on Management of after effect of current pandemic at Department of Yoga Science, Soban Singh Jeena University, Almorah, U.K.**
- 20 31<sup>st</sup> May 2021 **Speaker for the webinar on Self Management during the current pandemic organized by Dept of Sports & Yoga, I.I.T. Bhilai, Jharkhand**
- 21 08<sup>th</sup> Oct 2020 **Guest Lecture, at two days online training program on effective Health Management for enhancing Work Efficiency of ICAR Employees, organized by Indian Council for Agriculture Research- Directorate of Weed Research, Jabalpur.**
- 22 29<sup>th</sup> Jun 2020 **Key Note Speaker for Webinar on Historical & Cultural Heritage of India organized by Government PG College, Bilaspur Pilibhit, UP.**
- 23 17<sup>th</sup> Jun 2020 **Resource Person/speaker “ Relevance of Tridosh & Trigun in relation to Covid-19” for 6<sup>th</sup> International Yoga Day organized by IGNOU, New Delhi.**
- 24 14<sup>th</sup> June 2020 **Speaker for “How Yoga can help to fight CANCER” on Webinar organized by Live Holistic Wellness, Ranchi**



Jharkhand.

- 25 01<sup>st</sup> Dec 2018 **Chaired a Session** on 14<sup>th</sup> National Seminar on Management of Joint Disorder through Yoga & Naturopathy organized by Institute of Human Consciousness & Yogic Science, University of Lucknow.
- 26 31<sup>st</sup> Jan- 03 Feb 2018 Coordinated **International Training program in Yoga for Wonkwang Digital University, South Korea** for 20 Participants and 04 faculty persons with Consultation fees of Rs 2 Lakhs & 75 Thousands.
- 27 07<sup>th</sup> Dec 2017 Invited and delivered **Expert Guest Lecture** titled “Applied Yoga Therapy” in **5 days Workshop on Yoga & Naturopathy for AYUSH Doctors** organized by Gurukul Kangri University, Haridwar
- 28 Aug 2015 to Feb 2017 **Guest faculty** for Yoga at **Savitribai Phule University of Pune** deputed from *Kaivalyadhama Yoga Institute, Lonavla., Pune.*
- 29 19<sup>th</sup> September, 2016 As **Resource Person** for conducting workshop on behalf of Indian Yoga Association (I.Y.A) for orientation of Examiners of South India for Yoga Certification
- 30 26<sup>th</sup> February, 2016. As **Resource Person** for conducting workshop on behalf of Indian Yoga Association (I.Y.A) for orientation of Examiners of North India for Yoga Certification, at Dev Sanskriti Vishwvidyalaya, Haridwar.
- 31 17<sup>th</sup> Nov, 2014 **Resource Person** for faculty Development Programme sponsored by **Directorate General of Higher Education, Haryana.**
- 32 28<sup>th</sup> Jan to 02<sup>nd</sup> Feb 2014 **Resource person** for training programme on Yoga & Naturopathy for Ayurveda Medical Officers held at **Dr. Sarvapalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur.**
- 33 2013 and 2014 **Coordinator** for Seminars of National Yoga Week at Morarji Desai National Institute of Yoga, New Delhi.
- 34 2013 and 2014 **Member of Editorial Board for Souvenir and Abstracts of Research Papers for National Yoga Week 2013 and 2014,** published by MDNIY, New Delhi.
- 35 2011 and 2012 **Coordinator & Member of Organizing Committee** of National Yoga Week 2011 and 2012, organized by MDNIY, New Delhi.

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

- 19<sup>th</sup> Jun to 02 Jul 2022 **Participated in Refresher Course in Yoga Science** organized by University of Patanjali, Haridwar.

- 22<sup>nd</sup> Aug 2018. As **Resource Person** for Short Term Course in Yoga & Health organized by **University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital.**
- 12-31 March 2018 Participated in Refresher Course in Physical Education & Yoga (SRC) organized by **University Grant Commission (UGC) Human Resource Development Center, Kumaun University, Nainital.**

## **PUBLICATION**

### **A. RESEARCH PUBLICATION**

1. **Yadav, N.K.**, Yadav, A., Singh, D.P. (2016-19). Effect of Yajna on Total Lung Capacity & Biological Lung Age. *Gurukul Shodh Bharati, Gurukul Kangri Vishwavidyalaya, Haridwar*, 26-32, 166-173. ISSN: 0974-8830
2. Yadav,R.K.S., **Yadav, N.K.**, Dwivedi, R. (2020). Executive Functions: Effect of Yogic Intervention among Adolescent Girls in Delhi Region. *International Journal for Creative Research Thoughts*, 8(7), 4038-4045. [http://ijcrt.org/viewfull.php?&p\\_id=IJCRT2007424](http://ijcrt.org/viewfull.php?&p_id=IJCRT2007424) ISSN: 2320-2882. **Impact Factor-7.97**
3. Yadav, A., Verma, S., Panwar, M., & **Yadav, N. K.** (2022). Role of Yoga practices on cognitive functions: A review. *International Journal of Health Sciences*, 6(S3), 3288–3304. <https://doi.org/10.53730/ijhs.v6nS3.6341> ISSN 2550-6978 E-ISSN 2550-696X © 2022 **Impact factor-2.96. Indexed in Scopus.**
4. Gupta, A., Kumar, R., **Yadav, N. K.** (2022). Role of Pranayama in Yogic Management of Vata Diseases. *International Journal of Innovative Sciences & Research Technology*, 7(7), 1221-1225. <https://doi.org/10.5281/zenodo.6990372> ISSN: 2456-2165. **SJIF Impact factor: 6.253**
5. Gupta, A., **Yadav, N. K.** (2022). Yogic Management of Scriptural Vatajananatmaja Diseases: A descriptive study. *Shodh Prabha, Shri Lalbahadur Shastri Rashtriya Sanskrit Vishwavidyalaya: Central University, Delhi*. 47(03), 81-88. ISSN: 0974-8946.
6. Rathore, V., **Yadav, N.** (2022). Yogic Sukshma Vyayama (Micro Exercises) is an Emerging Therapeutic Yogic Exercise for Cardiopulmonary Functions: A Narrative Review. *ĀMNĀYIKĪ*, 22, 56-61. ISSN: 2277-4270.
7. Verma, A., **Yadav, N.** (2022). Yoga for Dynamic balance: A systematic literary review. *Shodh Prabha, Shri Lalbahadur Shastri Rashtriya Sanskrit Vishwavidyalaya: Central University, Delhi*, 47(03), 123-130. ISSN: 0974-8946.
8. Gupta, S., Singh, S., **Yadav, N.** (2022). Kinetics of Kapalbhathi: A mathematical interpretation of force, pressure, centres of gravity & centre of mass. *International*

*Journal of Scientific & Engineering Research*. 13(11). ISSN: 2229-5518  
<https://doi:10.14299/ijser.2022.11.01>

9. **Yadav, N., Rathore, V.** (2022). Impact of specific yoga module with special reference to Bhramari, Trataka and Jala Neti on attention among archers. *International research journal of Ayurveda & Yoga*. 5 (11), 18-26. DOI:[10.14299/ijser.2022.11.01](https://doi:10.14299/ijser.2022.11.01) ISSN: 2581-785X.
10. Rathore, V., **Yadav, N.** (2022). Yoga as a complementary and alternative therapy for cardiopulmonary functions: A Review. *Yog Mimamsa*, Kaivalyadhama, Lonavla Pune. 54(02),133-139.ISSN: 2394-2487 DOI:[10.4103/ym.ym\\_95\\_22](https://doi:10.4103/ym.ym_95_22)
11. Rathore, V., Singh, S., **Yadav, N.K.** (2023) Nada Yoga: effective complementary module for the stress-induced psycho-physiological disorders. *International Journal of Indian Culture and Business Management (IJICBM)*. 30(03), 360-367. ISSN: 1753-0814. Inderscience Publications. Impact factor: 1.2 DOI: [10.1504/IJICBM.2022.10050674](https://doi:10.1504/IJICBM.2022.10050674).
12. Verma, A., Rathore, V., **Yadav, N.,** (2023) Yoga for Proprioception: A systematic review. *Yog Mimamsa*. 55(02), 107-113. DOI: [10.4103/ym.ym\\_37\\_23](https://doi:10.4103/ym.ym_37_23)
13. Tiwari, A., Yadav, N., (2024) Effect of Yoga on Flexibility of School Children: A short Summary of Reviews. *International Journal of Physical Education, Sports & Health*. 11(01), 212-214. <https://doi.org/10.22271/kheljournal.2024.v11.i1d.3223>  
Peer Reviewed, Refereed, Index Journal. Impact Factor 5.38

#### **B. PUBLICATION & PRESENTATIONS NATIONAL SEMINAR/CONFERENCE**

1. Mishra, R., Yadav, N., (2023) *Exploring the Therapeutic effects of Meditation on Autonomic Nervous System and Brain: A comprehensive review*. 19<sup>th</sup> National Seminar on Effects of Yoga & Naturopathy on Nervous System. 30Nov-01 Dec 2024 organized by Faculty of Yoga & Alternative Meditation, University of Lucknow, 07-14.
2. Ranveria, N, G., Yadav, N., (2023) Effect of samarpan meditation on Human Bio energy Field/Aura. 19<sup>th</sup> National Seminar on Effects of Yoga & Naturopathy on Nervous System. 30Nov-01 Dec 2024 organized by Faculty of Yoga & Alternative Meditation, University of Lucknow, 50-56.

#### **C. PUBLICATION & PRESENTATIONS INTERNATIONAL SEMINAR/CONFERENCE (IN COUNTRY)**

#### **D. PUBLICATION & PRESENTATIONS INTERNATIONAL SEMINAR/CONFERENCE (IN ABROAD)**

#### **E. PUBLICATION & PRESENTATIONS INTERNATIONALLY.**

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

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

15. Dadhore, S., Gupta, A., Yadav, S., Tiwari. S., Suryavanshi, C., **Yadav, N.K.**, (XXXX) Yogasana scale: Conceptualization, Development and Assessment Tool for Adolescents Wellbeing. *Health Information Science and Systems*. X(Y), XX-XX **Impact factor-5.17. Indexed in Scopus, Frontiers and Pubmed.**
16. Telles, S., **Yadav, N.** et al. (XXXX). Motivators, preferences, and aspirations of university students about studying yoga: A survey from India. *Advances in Mind-Body Medicine*. X(Y), XX-XX. ISSN: XXXX. Indexed in PubMed. **Impact factor- 0.85**

#### **G. OTHER PUBLISHED ARTICLES**

17. **Yadav, N. K.**, Tyagi, A.K., Agnihotri, R. (2012). A study to the Kapalbhathi on level of Depression among Civil and Architectural CADD students. *National Yoga Week, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi.*
18. Singh, S.K., **Yadav, N. K.** (2013). Prevention of Drug Abuse in Relation to Yoga among Adolescence. *National Yoga Week, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi.*
19. Singh, S.K., **Yadav, N. K.** (2014). Roll of Yoga in Stress among Youth in developing India. *National Yoga Week, Morarji Desai National Institute of Yoga, an autonomous body under Min of AYUSH, GOI, New Delhi***Yadav, N.K.** (2006). Tanav Mukti Hetu Panchupkram. *Vishwa Ayurveda Parishad*. 4(1), 15-18.
20. **Yadav, N.K.** (2006). Madhumehopchar- Yoga & Ayurveda. *Vishwa Ayurveda Parishad*. 4(2), 23-25.
21. Basavaraddi, I.V., Arya, S., **Yadav, N.K.**, Chandrawati, Pradeep. (2008). A Pilot Study on the effect of three months residential Yoga Training Program on Mental Health Parameters of BSF Personnel. *Yoga Vijnana, Morarji Desai National Institute of Yoga.*

#### **H. PUBLICATION OF LEARNING MATERIALS/MODULES**

|    |   |                                 |   |      |
|----|---|---------------------------------|---|------|
| 1  | <b>Yoga Teachers Training Program Module</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida,     | <b>Yadav, N.K. &amp; Others</b> | Philosophy & Physiology of Yoga (495)<br>Human body, Diet & Cleansing (496)<br>Applied Yogic Science (497)<br>Yoga Practices & Training (498)<br>Yoga Teaching Skills (Micro-Macro-Teaching) and Practice (499)<br><a href="https://nios.ac.in/media/documents/yoga/YTTP_Book_1_3_Final_CRC.pdf">https://nios.ac.in/media/documents/yoga/YTTP_Book_1_3_Final_CRC.pdf</a><br><a href="https://nios.ac.in/media/documents/yoga/YTTP-Practical_Training_Book-498_499.pdf">https://nios.ac.in/media/documents/yoga/YTTP-Practical_Training_Book-498_499.pdf</a><br><br><b>Translation in English</b><br><a href="https://nios.ac.in/yoga.aspx">https://nios.ac.in/yoga.aspx</a> | 2020 |
| 2  | <b>Diploma in Naturopathy &amp; Yoga Science</b> , National Institute of Open Schooling, Ministry of Education, Autonomous body under Min. of Education, Noida, | <b>Yadav, N.K. &amp; Others</b> | Yog ka Adharbhut Gyan ( 811)<br><br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Module_1.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Module_1.pdf</a>   | 2021 |
| 3  |   |                                 | Prakratik Chikitsa ka Aadharbhut Gyan- (812)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Module_2.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Module_2.pdf</a>   | 2021 |
| 4  |   |                                 | Sharir Rachan, Kriya evam Yog ka Prabhav- (813)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Module_3.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Module_3.pdf</a>  | 2021 |
| 5  |   |                                 | Yoga Practical- (814)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Practical-4F.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Practical-4F.pdf</a>  | 2021 |
| 6  |   |                                 | Prakratik Chikitsa ka Vyaavhaarik Prashikchan- (815)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Practical-5F.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Practical-5F.pdf</a>   | 2021 |
| 7  |   |                                 | Manav Sharir Rachna evam Kriya Vigyan tatha yog ke prabhav ( Practical)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Practical-6F.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/DNYS_Practical-6F.pdf</a>  | 2021 |
| 8  |   |                                 | Yogic Chikitsa -Yoga Therapy(817)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Book_1_817.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Book_1_817.pdf</a>  | 2021 |
| 9  |   |                                 | Prakratik Chikitsa (818)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Book_1_818.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Book_1_818.pdf</a>   | 2021 |
| 10 |   |                                 | Anya Prachin Prakratic Chikitsa Paddhatiyen (819)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Book_1_819.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Book_1_819.pdf</a>  | 2021 |
| 11 |   |                                 | Prayogik Yogic Chikitsa (820)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Naturopathy_820.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Naturopathy_820.pdf</a>  | 2021 |
| 12 |   |                                 | Prayogik Prakratik Chikitsa (821)<br><a href="https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Naturopathy_821.pdf">https://nios.ac.in/media/documents/vocation_al/dip_naturopathy/Naturopathy_821.pdf</a>  | 2021 |

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| 13 |  |                                 | Prayogic Anya Prachin Prakratic Chikitsa Paddhatiyan (822)<br><a href="https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_822.pdf">https://nios.ac.in/media/documents/vocational/dip_naturopathy/Naturopathy_822.pdf</a>   | 2021 |
| 14 | <b>Diploma in Yoga Science Module,</b><br>National Institute of Open Schooling,<br>Ministry of Education,<br>Autonomous body under Min. of Education, Noida, | <b>Yadav, N.K. &amp; Others</b> | Yog Darshan Shastra evam Kriya Vijnana (823)<br>Manav Sharir, Yogic Aahar aur Sharirik Shudhi (824)<br>Vyavharik Yog Vijnana (825)<br><br><a href="https://nios.ac.in/media/documents/yog_diploma_823_832/First_year_Theory_(823-825).pdf">https://nios.ac.in/media/documents/yog_diploma_823_832/First_year_Theory_(823-825).pdf</a> | 2021 |
| 15 |  |                                 | Yog Aur Jiwan-(828)<br>Vyaavharik Manovigyan aur Yog-(829)<br>Swasthya Prabandhan evam Yog Chikitsa-(830)<br><a href="https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Theory_(828-830).pdf">https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Theory_(828-830).pdf</a>                            | 2021 |
| 16 |  |                                 | Manav Sharir par Yogic Prabhav- (831)<br>Yog Chikitsa- (832)<br><a href="https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Practical_(831-832).pdf">https://nios.ac.in/media/documents/yog_diploma_823_832/Second_year_Practical_(831-832).pdf</a>   | 2021 |

### **REFRESHER COURSES**

- 1) **As Resource Person** for Short Term Course in Yoga & Health organized by University Grant Commission Human Resource Development Center (UGC, HRDC) , Kumaun University, Nainital on 22nd August 2018.
- 2) **Participated in Refresher Course** in the Subject Physical Education and Yoga (SRC) at UGC HRDC Kumaun University Nainital during 12-31 March 2018.

## **CONTINUING MEDICAL EDUCATION PROGRAM**

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

Dr. Nidheesh Kumar Yadav