

FACULTY PROFILE



Name of the Faculty : Rudra Bhandari, BEd, MSc, NET, PhD
Designation : Senior Assistant Professor
Name of the Department/Centre of study : Yoga Science
Permanent Address : C-501, Aarogyam Apartments, Opposite to Crystal World, Near Patanjali Yogpeeth, Haridwar, UK, India
Corresponding Address : University of Patanjali, Haridwar, 249405
Email id : uop.rudra@gmail.com/ rbap@uop.edu.in
Mobile No : 9634510540
Aadhar Number : 293603633264
PAN Number : BKXPB6727K
Date of joining : 01/09/2011
ORCID : <https://orcid.org/0000-0002-1864-4619>
Web of Science Researcher ID : **GRS-6560-2022**
Work Experience : 14 Years (Teaching, Training and Research)

- Serving as Senior Assistant Professor in Department of Yoga Science, University of Patanjali, Haridwar, Uttarakhand, India, since September 2011 till the data.
- Served as Research Coordinator in Knowledge Workers' Network under Divya Yog Mandir Trust headquartered at Patanjali Yogpeeth from July 2009 to August 2011.
- Served as a faculty to teach PG and UG level students in School of Yoga and Health Department, DSVV, Haridwar, from February 2009 to July 2009.

Subjects Taught : Research & Statistical Methods (MA, M.Sc., Ph.D. and MD Ayu), Yoga Therapy (UG/PG), Complementary & Alternative Therapy (MA & M.Sc.), Human Biology (UG and PG Yoga), Yoga Psychology (UG and PG Yoga) and Yoga Practical (UG/PG) at UG, PGD, MD Ayurveda, PG and PhD levels since then.

Topic of Research/ Area of specialization : Yoga Therapy, Research and Statistical Methods, Yoga Psychology, Philosophy and Practicum

Courses Taught : Research & Statistical Methods (MA, M.Sc., Ph.D. and MD Ayurveda), Yoga Therapy (UG/PG), Complementary & Alternative Therapy (MA & M.Sc.), Human Biology (UG and PG Yoga), Yoga Psychology (UG and PG Yoga) & Yoga Practical (UG/PG)

Post-Doctoral Achievements (If any)	: Nil
Achievements (If any)	: Outstanding Yoga Trainer by US Army and Patanjali Food and Herbal Park
Faculty serving in	: Department of Yoga Science, University of Patanjali

Profile Summary

- Dr Rudra Bhandari is a doctorate in Human Consciousness and Yogic Science under the guidance of Hon'ble Dr Pranav Pandya, a pioneer of scientific spirituality and Head of All World Gayatri Pariwar. His doctoral research work covered the efficacy of Mind-Body Intervention (MBI) on the distress of corporate personnel.
- Dr Bhandari played the role of Research Coordinator of the Social Science Research Wing of Patanjali Yogpeeth from June 2009 to August 2011 as a close subordinate of noted Ayurveda scholar, Hon'ble Acharya Balkrishna and Yoga master, His Holiness Swami Ramdev.
- Since September 2011, Dr Bhandari has been teaching Complementary and Alternative Therapy, Human Biology, Research and Statistical Methods, Masters Dissertations, and Yoga Practicals for PG, UG, PGD, MD and PhD students as a Yoga Professor at the University of Patanjali and Patanjali Ayurved College.
- Additionally, he has played/been playing other important academic cum administrative roles like University Nodal Officer of UoP for AISHE, MoE, GoI; Member Secretary of the Institutional Ethics Committee of UoP, Course Coordinator of MPhil/Ph.D. Programs in the Department of Yoga Science, Controller of Examinations, Boys' Hostel Warden, Convener of UG, PG, and PhD yoga syllabi revisions, UoP Prospectus Designing, framing Aptitude Tests for PhD, PG and UG programs; QCI Examiner, Yoga Therapy Consultant, Ph.D./MPhil Guide.
- Dr Bhandari has published more than 15 research papers in journals indexed in noted databases and contributed 5 captivating book chapters including Springer Nature. Four PhDs (2 each under supervision and co-supervision) have been produced under him. Six PhDs (3 each under supervision and co-supervision) are ongoing in the Department of Yoga at UoP and AIIMS Rishikesh.
- Dr Bhandari has been invited as a guest speaker/trainer in the noted organizations such as the Commission of Scientific and Technical Terminology, MoE, GoI; Association of Indian Universities, MHRD, GoI; AIIMS Rishikesh, IIT Roorkee, NIT Raipur, Aligarh Muslim University Aligarh, HRDC Guru Ghasidas University Bilaspur, Visva-Bharati Shantiniketan, Yonsei University South Korea, American University in the Emirates Dubai, Kathmandu University, Uttarakhand Open University Dehradun, Bundelkhand University Jhansi, THDC Engineering College Tehri Garhwal, Bharat Heavy Electrical Limited Haridwar, National Mineral Development Corporation Chhattisgarh, Wipro Limited SIDCUL Haridwar, Patanjali Ayurved Limited Haridwar, US and Indian Army etcetera to speak on yoga and its power for health promotion, disease prevention, healing, age reversal, and maximizing work performance and excellence.
- His yoga teaching-learning and living covers all contemporary yoga styles such as Ramdev yoga, Pragyā yoga, Iyengar yoga, Yogic Suksham Vyam, Power yoga, Vinyasa yoga, Sivananda yoga, and many more as per the personality and passion of the aspirant/s. Teaching, training, research, and development on yoga and its bio-psycho-socio-spiritual impacts is an area of his keen interest.
- Designing, implementing and assessing Mind-body Interventions for diverse populations/groups (corporate personnel, security personnel, female clubs, university/college students/teachers, national and international yoga trainers, physicians, hotel staff/guests, patients, administrators, players, artists, actors/actress) in and out of India has been his passion over 15 years. He follows the approach of *learning by living and researching*. Some of his teachings can be accessed at <https://www.youtube.com/user/yoggururudra>.

PROFORMA II**Research projects**

Academic Year	Name of the Project	Nature of the project	Name of the funding agency	Amount (Rs)	Duration	Year
2021-22	Online Yoga Intervention as Tertiary Prevention of Psychological Co-morbidities in Covid-19 Survivors.	Project under Scheme Science and Technology of Yoga and Meditation	Department of Science and Technology, Ministry of Science and Technology, Govt. of India.	12,79,872/-	One Year	Completed 20 th July 2022 (Enc.1)

Awards for Innovation won by Teachers

Academic Year	Title of the innovation	Awarding Agency	Date of Award

PhD's Produced

Academic Year	Name of the scholar	Register Number	Department of the scholar	PhD registration year	Title of the PhD thesis.	Date of Award
2017-22	Supervisor: Sakshi Sharma	2017/UOP/PhD-YS/172696/05	Yoga Science	2017	Efficacy of integral yogic intervention on affective, cognitive and behavioral outcomes of corporate staff: A Randomized Controlled Trial. (CTRI No.: CTRI/2018/12/016507).	01/09/2022
2017-22	Supervisor: Rohini Dayma	2017/UOP/PhD-YS/172708/06	Yoga Science	2017	Efficacy of yogic gut aeration technique to inhibit H. Pylori Infection induced Acid Peptic Diseases: A	01/09/2022

					Randomized Controlled Trial. (CTRI No.: <i>CTRI/2018/12/016506</i>)	
2017-22	Co-supervisor: Swati Arya	2017/ UOP/P hD- SK/17 2691/0 2	Sanskrit	2017	<i>Mudrit Ayurvedic Nighantau Me Prachalit Appath: Ek Samikshatmak Adhyan.</i>	02/09/2022
2017-22	Co-supervisor: Karuna	2017/ UOP/P hD- SK/17 2690/0 1	Sanskrit	2017	<i>Karuna. Analytical Study of Ayurvedic Nighantu texts.</i>	02/09/2022

Details of ongoing Research scholars

Academic Year	Name of the scholar	Registration/ Enrolment Number	Topic	Department of the scholar	PhD Registration year
2019-24	Supervisor: Pintu Kumar	2021/UOP/Ph D- YS/172182/1 4	Yogic management of hypothyroidism: A Randomized Controlled Trial. (CTRI No.: <i>CTRI/2021/08/046619</i>)	Yoga Science	2019
2019-24	Supervisor: Neha Pradeep Sangodkar	2021/UOP/Ph D- YS/172079/1 6	Developing viable model, self-report measure and integral protocol for Yogic Leadership (Ref.: <i>UOP IEC 2021 05</i>)	Yoga Science	2019
2019-24	Supervisor: Nidhi Chaudhry	2021/UOP/Ph D- YS/171935/1 2	Developing a viable yogic model, self-report measure and protocol for Personal Excellence (Ref.: <i>UOP IEC 2021 05</i>)	Yoga Science	2019
2019-24	Co-supervisor: Anita Verma	201905002	Effectiveness of yoga therapy vs. standard medical treatment for management of polycystic ovarian syndrome in 19-30 year females: a parallel	AYUSH, AIIMS Rishikesh, India	2019 (Enc.2)

			design non-blinded randomized controlled trail (CTRI No.: <i>CTRI/2020/04/024602</i>)		
2019-24	Co-supervisor: Ramesh Kumar	201905006	Comparative assessment of Yoga based intervention versus American Diabetes association exercise regime along with standard of care for Autonomic Neuropathy in diabetes mellitus: An Exploratory clinical trial (CTRI No.: <i>CTRI/2021/12/039068</i>)	Pharmacology, AIIMS Rishikesh, India.	2019 (Enc.3)
2020-25	Co-supervisor: Surendra Patel		Scientific and applied model of Panchakoshi Yoga Sadhana	Yoga Science, UoP	2020
2020-25	Co-supervisor: Neha Vashistha	207514	Yogic Management of Polycystic Ovary Syndrome Induced Infertility: A Randomized Controlled Trial (<i>UOP/IEC/2022/06</i>)	Yoga Science, UoP	2020

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

Academic Year	Year of award	Name of the award/ fellowship/recognition received from Government or recognized bodies	Type of Award
2021-22	2010-23	Department of Higher Education, Ministry of Education, Government of India	Nodal Officer of University of Patanjali for All India Survey on Higher Education (AISHE). (Enc.4-8)
2021-22	2018-23	Institutional Ethics Committee of University of Patanjali	Member Secretary (Enc.9)
2021-22	2022	HRD Centre, Gurughasidas University, Bilaspur, Chhattisgarh.	Best Resource person (Enc.10)

2018-19	2019	Dept. of AYUSH AIIMS, Rishikesh, UK	Lead External Expert of Yoga Therapy Curriculum Development for Medical Undergraduates (Enc.11)
2017-18	2018	Department of Mathematics, IIT Roorkee, UK	Best Speaker Award
2017-18	2017	Bengal Engineers' Group (Indian Army), Roorkee	Best Yoga Teacher (Enc.12)
2016-17	2016	Goa Education Development Corporation, Goa	Master Yoga Trainer (Enc. 13)
2011-12	2012	2 nd Squadron 14 th Cavalry US Army	Outstanding Yoga Trainer (Enc.14)

Awards for creative writings, patents/copy right generated

Academic Year	Name of the Patent/copy right/creative writing	Year of publication in the reputed press	Year of award

Consultancy project

Academic Year	Name of the Consultancy project	Consulting/Sponsoring agency with contact details	Year	Revenue Generated

Books written during the Year

Academic Year	Title of the book	Type	Name of the Publisher	Date of publication	ISBN

Chapters in Book

Academic Year	Title of the chapter	Title of the Book	Author of the book	Publisher Name	Date of Publication	ISBN
2022-23	Psychosocial Implications of Yoga for Healthcare Workers during Covid-19.	Neuroscience of Yoga		Springer Nature	Dec 2023	Yet to be issued (Enc.15)
2021-22	Basics of Acupressure Therapeutics	Mind-Body Practices		Crossbill Publishing Co	2021	9789382297642 (Enc.16)
2019-20	Basic concepts of	Fundamentals of AYUSH: An		AIIMS, Rishikesh	2019	9789353822156

	yoga and nature cure	Introduction for Health Professional				(Enc.17)
2019-20	Yogic and natural diagnostic techniques	Fundamentals of AYUSH: An Introduction for Health Professional		AIIMS, Rishikesh	2019	9789353822156 (Enc.17)
2011-12	Implications of corporate yoga: A Review	Applied Biological Engineering: Principle and Practice		INTECH, Croatia	2011	9789535104124 (Enc.18)
2011-12	Yogic prescription for organization wellness and excellence-I	Compendium on Integrating Spirituality and Organizational Leadership		ISOL Publications	2011	8192063909 (Enc.19)
2010-11	Spirituality and Entrepreneurship: A case study of Patanjali Yogpeeth	Compendium on Integrating Spirituality and Organizational Leadership		ISOL Publications	2010	8192063909 (Enc.20)

Journal

Academic Year	Title	Journal Name	Year	ISSN No	Type
2022-23	Prevalence of Internet Addiction among students at an Indian Higher Educational Institution and some proposed Yogic prescription for its mitigation	Integrative Medicine Case Reports	2023	25826255	Cross-sectional Study (Enc.21)
2022-23	Online Yoga and Ayurveda Intervention as Tertiary Prevention of Psychological Comorbidities	Annals of Neurosciences	2022	09727531	Randomized Controlled Trial (RCT) (Enc.22)

	in COVID-19 Survivors: A Randomized Controlled Trial.				
2021-22	Relationship between spirituality and distress in ascetics.	Psychological Reports	2021	00332941	Cross-sectional study (Enc.23)
2017-18	Yogic intervention for coping with distress.	Journal of Clinical and Diagnostic Research	2017	0973709X	RCT (Enc.24)
2017-18	Yoga Practices for different Blood types based on Occidental–Oriental Food habits.	International Journal of Health	2017	2309-1630	Cross-sectional (Enc.25)
2011-12	Yogic prescriptions for corporate wellness and excellence-II.	Sociology Study	2011	2159-5534	Perspective (Enc.26)
2011-12	Effect of Yogic package on rheumatoid arthritis	Indian Journal of Physiology and Pharmacology	2011	0019-5499	RCT (Enc.27)
2009-10	Logical memory enhancement through Kapalbhathi and Sureyabhedi Pranayama.	Yoga-mīmāṃsā	2009	00440507	Pre-post Study

Conference Proceeding

Academic Year	Name of research paper	Conference Name	Year	ISSN/ISBN No	Type
2010-11	Corporate Yoga and Its Implications. DOI: https://doi.org/10.1007/978-3-642-14515-5_75	6th World Congress of Biomechanics (WCB 2010)	August 1-6, 2010	IFMBE Proceedings, Vol 31. Springer, Berlin, Heidelberg 978-3-642-14514-8	International (Enc.28)

Faculty participation in print and visual media

Academic Year	Year	Title of the programme/Article	Uploaded documents

Examiner, Reviewer to Journal Articles and others

Year	Name of the Journal/ Organisation	Title of the article	Role
2023	Frontiers in Human Neuroscience	Yogic management of Occupational Stress in Police Personnel: A narrative review	Reviewer (Enc.29)
2022	Frontiers in Human Neuroscience	Yoga: as a tool to manage Occupational Stress in Regimented Forces	Reviewer (Enc.30)
2022	Advance in Mind-Body Medicine	Changes in Heart Rate Variability and Executive Functions Following Yoga Practice in Type 2 Diabetes Patients: A Pilot Study	Reviewer (Enc.31)
2022	Journal of Health Psychology	Role of Cultural Resources in Mental Health: An Existential perspective	Reviewer (Enc.32)
2022	Psychological Reports	The impact of Covid on mental health	Reviewer (Enc.33)
2022	Journal of Happiness Studies	Forgive, Let Go and Stay Well! Mediating Role of Self-consciousness.	Reviewer (Enc.34)
2022	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad	Teachers Eligibility Test (TET 2022)	Paper Setter (Enc.35)
2022	Dev Sanskriti Vishwavidyalaya	Yoga Practical Examination	Examiner (Enc.36)
2021	Journal of Health Psychology	Mediators and moderators of physical activity changes in a school-based intervention targeting childhood obesity	Reviewer (Enc.37)
2021	Yoga Mimansa	A cross sectional study on impulsiveness, mindfulness, and WHO quality of life in heartfulness meditators	Reviewer (Enc.38)

Details of Seminars/ Conferences/Workshops attended

Academic Year	Year	Name of Conference / Seminar	Date	Status	Level	Title of the Lecture
2022-23	2023	Yoga Therapy	26 th February	Invited Speaker	International	Advances in Yoga Therapy (Enc.39)
2022-23	2022	Institute Sports Council IIT-Roorkee	19 June 2022	Invited Yoga Class	National	Yoga for Immuno-modulation and wellness promotion (Enc.40)

2022-23	2022	Lecture at Wipro Enterprises Private Limited, SIDCUL, Haridwar during 51st National Safety Week	4th to 10th March 2022.	Invited Talk	National	Integral Yoga for Stress Management (Enc.41)
2022-23	2022	Department of Humanities and Social Sciences, NIT Raipur	21 April 2022	Invited Subject Expert	National	Online new syllabus presentation (Enc.42)
2022-23	2022	Yoga: Health, Fitness, Wellness & First Aid by UGC-Human Resource Development Centre (HRDC), Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)	15 Jan 2022	Invited Resource Person	National	Integral Yoga for Personal Excellence (Enc.43)
2022-23	2022	Universal Yoga Consciousness held from 12-18 March, 2022 at Ganga Resort, Rishikesh.	13th March, 2022	Invited Speaker	National	Yoga and Ayurveda Intervention for COVID-19 management. (Enc.44)
2022-23	2022	Yoga Session organised by Lucknow Chapter, ICSI (The Institute of Company Secretaries of India)	1 st Jan, 2022	Invited Speaker	National	Yoga Session (Enc.45)
2020-21	2020	Online Commentator on Biology Series for Non-biologists by Post Graduate Institute of Medical Education and Research, Chandigarh, India.	2020, 19th October	Invited Speaker	National	Concept of Dharana, Dhyana, and Samadhi (Enc.46)
2020-21	2020	Concept of Evolution and Involution in Samkhya Philosophy by University of Patanjali and sponsored by Commission for Scientific and Technical Terminology	2020, 31st August.	Invited Talk	National	Concept of Evolution and Involution in Samkhya Philosophy (Enc.47)
2020-21	2020	Post Graduate Institute of Medical	2020, 6th August	Invited Online	National	Science of Yoga Techniques.

		Education and Research, Chandigarh, India		Presentation		
2020-21	2020	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 University of Petroleum and Energy Studies, Dehradun, Uttarakhand, India.	2020, 21st June	Invited Online Presentation	National	Integrative Prescription for Coping with Covid-19. (Enc.48)
2020-21	2020	Webinar on the occasion of world Yoga Day (Boosting Immunity Through Yoga to fight Covid-19) organized by Dayalbagh Educational Institute, Agra, India	2020, 21st June	Invited Online Presentation	National	Yogic prescription for coping with Covid-19. (Enc.49)
2020-21	2020	Breath Regulations to Combat Covid-19. Invited Online Presentation by Post Graduate Institute of Medical Education and Research, Chandigarh, India	2020, 1st June	Invited talk	National	Breath Regulations to Combat Covid-19
2019-20	2019	Two Days workshop on Stress Management by Institute of Hydro-power Engineering and Technology, Tehri	6 th Nov-7 th Nov 2019	Invited Speaker	National	Stress Management (Enc.50)
2019-20	2019	International Seminar organized by Patanjali Bhartiya	4 th -6 th Aug, 2019	Attendee	International	Integrated approach to Autoimmune Dis-

		Ayurvigyan Evam Anusandhan Sansthan, Haridwar				orders (Aayush-kaameeya-19) (Enc.51)
2019-20	2019	Scientific background of Yoga and its implications. Invited presentation during the workshop on Yoga in Aligarh Muslim University, Aligarh, Uttar Pradesh, India	2019, June 15	Invited Speaker	National	Scientific background of Yoga and its implications (Enc.52)
2019-20	2019	International Conference on Yoga for health and Therapy (29 th - 31 th March 2019) by Patanjali Research Foundation, Haridwar	29 th - 31 st March 2019	Guest Speaker	National	Workplace wellness and excellence through yoga. (Enc.53)
2019-20	2019	World's First Symposium on Role of Meditation in Prevention and Treatment of Cardiovascular Disease	9-10 th March 2019	Attendee	International	Role of Meditation in Prevention and Treatment of Cardiovascular Disease (Enc.54)
2019-20	2019	Fundamentals of AYUSH- An introduction to Medical Undergraduates (MBBS) at AIIMS, Rishikesh	2019, February 18.	Guest Speaker	National	Basics of Yoga and Naturopathy (Enc.55)
2017-18	2017	International Conference on Yoga Tradition and Application & International Continuous Yoga Education (ICYE) by Universal Yoga Consciousness at ICCR Azad Bhawan Auditorium, ITO, New Delhi.	2017, November 2.	Invited presentation	National	Yoga for Corporate Wellness (Enc.56)
2017-18	2018	International Workshop on Yoga Science at University of Patanjali	31 st January -3 rd February, 2018	Guest Lecture	International	Yoga Science (Enc.57)

2016-17	2016	Yoga Training for Primary Master Yoga Trainers by Department of Education, Government of Goa, India	13-17 July 2016	Invited Master Trainer	National	Yoga Curriculum for Primary School (Enc.13)
2015-16	2015	5-day refresher training programs (28 th Feb-4 th March 2015) by University of Patanjali, Haridwar.	28 th Feb-4 th March 2015	In-house Speaker	National	Science of Yoga
2015-16	2015	5-day refresher training programs (8 th March-12 th March 2015) by University of Patanjali, Haridwar.	8 th March-12 th March 2015	In-house Speaker	National	Yoga therapy
2015-16	2015	5-day refresher training programs by University of Patanjali, Haridwar.	14 th March-18 th March 2015	In-house Speaker	National	Science of Breath Regulation
2015-16	2015	5-day refresher training programs by University of Patanjali, Haridwar.	20 th March-24 th March 2015	In-house Speaker	National	Therapeutic Implications of Yoga
2015-16	2015	5-day refresher training programs University of Patanjali, Haridwar.	26 th March-30 th March 2015	In-house Speaker	National	Yoga for Therapy
2015-16	2015	Level 3 Yoga Teacher Training program for foreigners by University of Patanjali, Haridwar.	25 th March to 1 st April 2015	International Coordinator cum Resource Person	International	Level-3 Yoga Training Module for foreigners
2013-14	2013	Second International Conference on Yoga for Health and Social Transformation by University of Patanjali, Haridwar.	January 7 th -10 th 2013	Presentation	International	Yogic Leadership Style of Swami Ramdev for Social Transformation

2013-14	2013	Second International Conference on Yoga for Health and Social Transformation by University of Patanjali, Haridwar.	January 7th -10 th 2013	Presentation	International	Yoga for Management of Stress
2013-14	2013	Second International Conference on Yoga for Health and Social Transformation by University of Patanjali, Haridwar.	January 7th -10 th 2013	Presentation	International	Ramdev Yoga lifestyle program for diabetes
2011-12	2011	45-day Spiritual Yoga Training (Nov. 5- Dec. 22,2011) at Patanjali Food & Herbal Park and Patanjali Ayurveda Limited	5th November- December 22, 2011	Yoga Training	National	Yoga for corporate wellness and excellence (Enc.58)

Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year

Academic Year	Year	Name of conference/ workshop attended for which financial support provided	Name of the professional body for which membership fee is provided	Amount of support	Funding Agency	Sanction order

Teachers attending professional development programmes, viz., Orientation programme, Refresher Course, Short Term Course, Faculty Development Programmes during the year

Academic Year	Name of the Programme	Nature of the Programme	Date and Duration(from)	Date and Duration(to)
2022-23	International Conference on Scientific Paradigms of Anti-Cancer Treatments Available in Ayurveda	International Conference by MoAYUSH, GoI and organized by Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Hardwar	5th September 2022	5th September 2022
2022-23	“How to Get	Webinar by SAGE	30th August 2022.	30th August 2022.

	Published-Mentorship”	Publishers		(Enc.59)
2022-23	“InCites-Citation-based intelligence for research performance evaluation”	Webinar by Clarivate Analytics	24th July 2022	24th July 2022 (Enc.60)
2022-23	“Everything you wanted to know about Data Science”	Webinar by Clarivate Wiley	24th August 2022	24th August 2022 (Enc.61)
2022-23	Good Clinical Practice (GCP) Training and Basic Course on Biomedical Research for Ethics Committee Members, Investigators, Clinical Research/ Trial Members	My Quality Team (MQT)	31st July 2022	31st July 2022 (Enc.62)
2022-23	Refresher Course on Vedic Science”	Course organised by University of Patanjali, Haridwar	19th June’2022	2nd July 2022
2022-23	Research Methodology and Ethics: Plagiarism Issues, Reference Management Tools and Altmetrics	Three Days Online Training Programme organized by Information and Library Network (INFLIBNET), MoE, Govt. of India	21 February 2022	23 February 2022 (Enc.63)
2022-23	Vidyanjali (Higher Education) Volunteer Program	Volunteer Program” organized by AICTE, MoE, GoI	1st February 2022	1st February 2022 (Enc.64)
2021-22	Publishing Research Papers	Webinar organized by Wiley	7th September 2021	7th September 2021 (Enc.65)
2021-22	Mastering the craft of Academic Writing	Webinar organized by Wiley	31st August 2021	31st August 2021 (Enc.66)
2021-22	Intricacies of citations and references	Webinar organized by Wiley	24th August 2021	24th August 2021 (Enc.67)
2021-22	How to write a scientific abstract	Webinar organized by Wiley	18th August 2021	18th August 2021

				(Enc.68)
2018-19	Regional Workshop on All India Survey on Higher Education (AISHE): 2017-18	By Department of Higher Education, MHRD, Government of India at Punjab University	8th June 2018	8th June 2018 (Enc.69)
2018-19	Management of University Administration	National Workshop organized by All India Association of Universities (AIU) at Kannur University, Kerala	3rd January 2018	5th January 2018 (Enc.70)
2016-18	Basic Training on Chinese and Ayurveda Acupressure	Course from Bhartiya Acupressure Sansthan, Lucknow and Acupressure Shodh, Prashikshan Evam Upchar Sansthan, Allahabad	May, 2016 & 2017	May, 2016 & 2017 (Enc.71)
2005-06	Guru Master Choa Kok Sui Yoga Vidya Pranic Psychotherapy Course	Course by All India Yoga Vidya Pranic Healing Foundations Trust	October 2005	October 2005 (Enc.72)

Enclosure 1

DST/SATYAM/COVID-19/2020/439 (G)
Government of India
Ministry of Science & Technology
Department of Science & Technology
KIRAN Division

Technology Bhavan
New Mehrauli Road
New Delhi-110 016
Dated 26.03.2021

ORDER

Sub: Financial approval of the project under Special Call of Science and Technology for Yoga and Meditation (SATYAM) entitled "*Online Yoga intervention as tertiary prevention of psychological comorbidities in Covid-19 survivors*".

PI: Dr Rudra Bhandari, Assistant Professor, Department of Yoga Science, University of Patanjali, Haridwar-249405, Uttarakhand.

Sanction of the President is hereby accorded to the approval of the above mentioned project at a total cost of **Rs 12,79,872/-** (Rupees Twelve Lakh Seventy Nine Thousand Eight Hundred Seventy Two only) for a duration of **1 year**. The detailed breakup of the grant for General (**Rs 12,19,872/-**) as well as Capital (**Rs 60,000/-**) Components are given below:

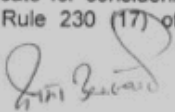
Sl. N	Heads	1 st Installment	Final Installment	Total
A.	Non-Recurring (Capital Items)			
	Equipment: Computer	60,000/-	-----	60,000/-
B.	Recurring (General)			
	Manpower			
	JRF-2@Rs. 31,000/pm + HRA@8% for 1 year	8,03,520/-	-----	8,03,520/-
	Research Grant (Consumables+Contingency+other costs+Travel)	2,40,000/-	60,000/-	3,00,000/-
C.	Overhead (10%)	93,081/-	23,271/-	1,16,352/-
D.	Total of Recurring Grant (B+C)	11,36,601/-	83,271/-	12,19,872/-
E.	GRAND TOTAL (A+D)	11,96,601/-	83,271/-	12,79,872/-

2. Overhead expenses are meant for the host institute towards the cost for providing infrastructure facilities and benefits to the staff engaged in the project, etc. **Recruitment of JRF will be done as per OM No. SR/S9/Z-08/2018 dated 30.01.2019**

3. Sanction of the grant is subject to the conditions as detailed in website www.dst.gov.in.

4. Sanction of the President is accorded to the payment of **Rs. 11,36,601/- (Rupees Eleven Lakh Thirty Six Thousand Six Hundred One only)** under 'Grant-in-aid General' to the **Registrar, University of Patanjali, Haridwar-249405, Uttarakhand** being first installment of grant for the year 2020-2021 for implementation of the said research project.

5. The Grantee Institute (GI) will maintain separate audited as per GFR 2017 Rule 230 (8) account for the project and the entire amount of grant will be kept in an interest bearing bank account. For Grants released during F/Y 2020-2021 and onwards interest and other earnings, against released Grant shall be remitted to Consolidated Fund of India, **(through Non-Tax Receipt Portal (NTRP), i.e. www.bharatkosh.gov.in)**, immediately after finalization of accounts, as it shall not be adjusted towards future release of Grant. A certificate to this effect shall have to be submitted along with statement of expenditure/utilization certificate for considering subsequent release of grant/closure of project accounts. GI should also follow Rule 230 (17) of GFR 2017 concerning to reservation of SC/ST/OBC, if applicable.



Contd..2

Enclosure 2



All India Institute of Medical Sciences Rishikesh

अखिल भारतीय आयुर्विज्ञान संस्थान ऋषिकेश

Department of AYUSH

आयुष विभाग

#AYUSH / RISH / 764 / 09 June 2022

To
Dr Rudra Bhandari
Assistant Professor
Department of Yoga Science
University of Patanjali
Haridwar, Uttarakhand

Subject: Invitation as co-guide for PhD Scholar Ms. Anita Verma

Dear Dr Bhandari

AIIMS Rishikesh offers PhD course to different streams of students including AYUSH. One of my student Ms. Anita Verma (MSc Yoga Science) has enrolled as PhD scholar under my guidance. She is working on the topic "Efficacy of yoga therapy vs. lifestyle modification for management of polycystic ovary syndrome in 19-30 year females: a randomized controlled trial". Considering your research expertise in the subject, I invite you to become her co-guide. I am sure that your contribution will add value to her work. Your role as a co-guide would be:

1. Facilitation in data collection process and its monitoring.
2. To facilitate the scholar in writing thesis observations.
3. Reviewing draft thesis and providing insights and suggestions.
4. Guiding in presentation and publication of thesis.

I am looking forward for your affirmation.

Kind regards

Prof Vartika Saxena
Dean Research
Professor & Head, Department of Community & Family Medicine
Head, Department of AYUSH
AIIMS Rishikesh

Department of AYUSH, Building No. 25,
All India Institute of Medical Sciences,
Virbhadra Road, Rishikesh, Uttarakhand - 249203

Phone No: 0135-2460540
Email- ayush@aiimsrishikesh.edu.in
Website - www.aiimsrishikesh.edu.in

Enclosure 3

To

Dr. Rudra Bhandari
Assistant Professor
Dept. of Yoga Science
University of Patanjali
Haridwar Uttarakhand

Subject: Invitation as co-guide for Ph.D. thesis titled "Comparative assessment of yoga-based intervention vs. American Diabetes Association exercise regime along with standard of care for autonomic Neuropathy in diabetes mellitus: An Exploratory clinical trial"

Dear Dr. Bhandari

AIIMS Rishikesh offers Ph.D. course to different streams of students including Pharmacology. One of my student Mr. Ramesh Kumar (M.Sc. Yogic science and holistic health) has enrolled as Ph.D. scholar under my Guidance. He is working on the topic "Comparative assessment of yoga-based intervention vs. American Diabetes Association exercise regime along with standard of care for autonomic Neuropathy in diabetes mellitus: An Exploratory clinical trial". His work will explore role of yogic interventions in patients of type 2 diabetes mellitus with already diagnosed autonomic neuropathy.

Considering your research expertise in the subject, I invite You to become his co-guide. I am sure that Your contribution will add more value in his work. Your role as a co-guide would be:

1. Designing yogic interventions and assessing feasibility as per patients enrolled
2. Facilitation in data collection process and its monitoring
3. To facilitate the scholar in writing thesis observations.
4. Reviewing draft thesis and providing insights and suggestions.
5. Guiding in presentation and publication of thesis.

All publications out of this research project will have you as one of the contributing authors.

Expecting you to accept this invitation.

Kind Regards


24/4/2022

Dr. Puneet Dhamija

Additional Professor

Pharmacology department

AIIMS Rishikesh

डॉ. पूनेत धमिजा /Dr. Puneet Dhamija
अवर प्राध्यापक /Additional Professor
अनुपम विज्ञान विभाग
Department of Pharmacology
एम्स, रीशिकेश /AIIMS Rishikesh



Government of India

Ministry of Education

Department of Higher Education

Statistics Division

New Delhi

Certificate



Reference No. U-0563-2021

This is to certify that Rudra Bhandari of University of Patanjali, Patanjali Yogpeeth, Haridwar has successfully uploaded the data of All India Survey on Higher Education(AISHE) 2021-2022.

A handwritten signature in blue ink that reads "R. Rajesh".

(Shri R. Rajesh)

Deputy Director General

Dated: 15/02/2023




 Government of India
 Ministry of Education
 Department of Higher Education
 Statistics Division
 New Delhi

Certificate



Reference No. U-0563-2019

This is to certify that Rudra Bahadur Bhandari of University of Patanjali, Patanjali Yogpeeth, Haridwar has successfully uploaded the data of All India Survey on Higher Education(AISHE) 2019-2020.


 (Madan Mohan)
 Deputy Director General


Dated: 18/01/2022

Name of the signatory





Enclosure 9


पतंजलि विश्वविद्यालय
University of Patanjali

उत्तराखण्ड विधान सभाल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
 Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) : UOP/IEC/2021/04
दिनांक (Date) : 14th May 2021

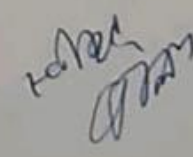
The Vice Chancellor
 University of Patanjali
 Haridwar-249405
 Through Proper Channel

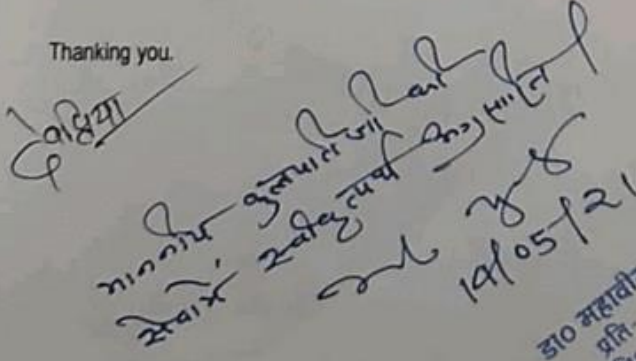
Subject: Request for reconstituting Institutional Ethics Committee (IEC) of University of Patanjali (UoP)

Hon'ble Sir
 This is to inform you that IEC of UoP constituted as per letter No.: UOP/2018/152 dated 15/05/2018 needs to be reconstituted as per the rules laid by Indian Council of Medical Research (ICMR), Govt. of India, with effect from 01st May, 2019. The IEC is needed to ensure a thorough scientific, legal and ethical review of researches as per National Ethical Guidelines for Biomedical and Health Research issued by ICMR to safeguard the dignity, rights, safety and well-being of research participants. In this connection, your good self is requested to approve the following reconstituted IEC for further three years with effect from 16th May 2021.

1. Chairman	Prof. Partha Roy, Dept. of Bio-Tech., IIT Roorkee
2. Deputy Chairman	Prof. Shalini Pant Joshi, Ex. Principal, S.S.D.P.C Girls College, Roorkee
3. Mathematician	Prof. V. K. Katiyar, Dean of Academics & Research, UoP
4. Epidemiologist	Prof. Vartika Saxena, Dean of Research, AIIMS, Rishikesh
5. Clinician	Dr. Harendra Gupta, MCh, Urologist, Metro Hospital, Haridwar
6. Legal Advisor	Prof. Santhosh Rangnekar, FoMS, IIT Roorkee
7. Environmental Scientist	Prof. Dinesh Bhatta, Ex- Professor, GKVV, Haridwar
8. Philosopher	Prof. Devpriya, Dean of Faculties of Humanities & Oriental Studies, UoP
9. Scientist	Prof. Navneet Arora, Dept. of Mech. & Ind. Engineering, IIT Roorkee
10. Social Scientist	Prof. Sunita Singh Sengupta, FoMS, DU
11. Layman	Mr. Tarun Rajput, HR Dept., PYP, Haridwar
12. Ayurveda Clinician	Dr. Daya Shankar Singh, Associate Professor, PAC, Haridwar
13. Dr. Rudra Bhandari, UoP	Member Secretary, Faculty Member, UoP
14. Prof. K.N.S Yadava	Statistician, IQAC Director, UoP

Thanking you.


 Yours sincerely
Dr. Rudra Bhandari
 University of Patanjali


 14/05/21

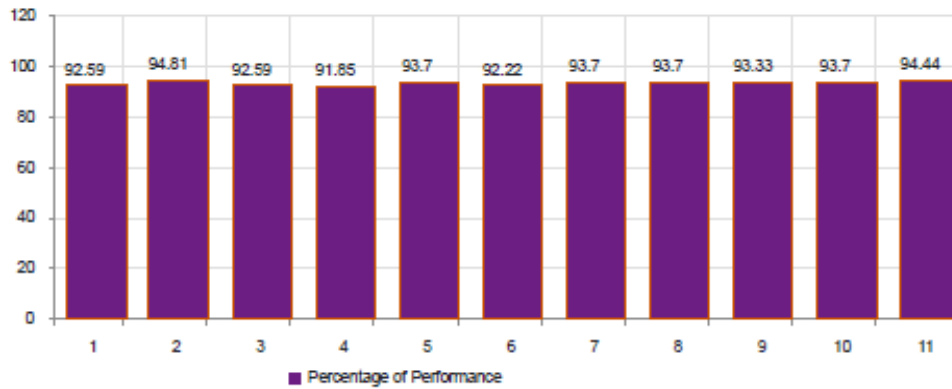
डा.0 महावीर अग्रवाल
 प्रति- कुलपति
 पतंजलि विश्वविद्यालय, हरिद्वार
 14/05/2021

2

शिबिर कार्यालय : पतंजलि योगपीठ, दिल्ली-हरिद्वार राष्ट्रीय राजमार्ग, निकट बहादुराबाद, हरिद्वार-249405, उत्तराखण्ड, भारत
 Camp Office : Patanjali Yogpeeth, Delhi-Haridwar National Highway, Near Bahadrabad, Haridwar-249405, Uttarakhand, India

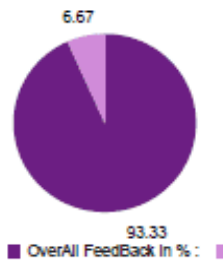
UGC-HRDC, Guru Ghasidas Vishwavidyalaya, Bilaspur (CG)
Feedback of Resource Persons
(Year 2021-22)
Refresher Course on Yoga: Health, Fitness, Wellness & First Aid

Dr. Rudra Bhandari
Coordinator Yoga
University of Patanjali, Bhadrabad, Haridwar



Items of Feedback

1. Resource person keeps command on subject
2. Resource person does communication effectively
3. Resource person does voice modulation during teaching
4. Resource person gives motivation input during teaching
5. Resource person does stimulus interest in classroom
6. Resource person covered objectives of lecture/course
7. Resource person helped to develop skill in own subject
8. Resource person has managed time effectively
9. The level of usefulness of delivering lecturing by resource person
10. The effectiveness of utilizing teaching aids by resource person
11. Resource person preparedness and organization of lecture



Director



Department of AYUSH
आयुष विभाग
All India Institute of Medical Sciences Rishikesh,
अखिल भारतीय आयुर्विज्ञान संस्थान ऋषिकेश

AYUSH/RISH/320 /14 August 2018

To
Dr. Rudra B. Bhandari
Assistant Professor
Department of Yoga
University of Patanjali
Patanjali Yogpeeth
Haridwar-249405
Uttarakhand

Subject:- Invitation for participation for Curriculum Development Workshop

Dear Sir

AIIMS, Rishikesh humbly appreciates your enormous contribution and excellent work in the field of Indian system of medicine specifically in Yoga.

Department of AYUSH, AIIMS, Rishikesh is conducting a workshop on developing a curriculum for "An Introductory course of AYUSH for Medical undergraduates (M.B.B.S)" which will be a modular training for the students.

The workshop is scheduled on 20th August 2018, at AIIMS, Rishikesh for discussing the complete plan.

We thus request your valuable participation for developing the module and subsequent teaching of students.

A line of confirmation will be highly appreciated.

Thanking you

With regards

Dr. Vartika Saxena
Professor
Head of AYUSH Department
AIIMS, Rishikesh

Department of AYUSH, Building No. 25
All India Institute of Medical Sciences, Virbhadara Road Rishikesh Uttarakhand -249203
Website - www.aiimsrishikesh.edu.in

Phone No :0135-2460540
Email- ayush@aiimsrishikesh.edu.in



Col KL Rahul
Commanding Officer

Tele : 6640(O)

विशेषज्ञ प्रशिक्षण बटालियन (डिपो)
बंगाल इन्जीनियर ग्रुप और केन्द्र
रुड़की - 247667
Specialist Training Battalion (Depot)
Bengal Engineer Group and Centre
Roorkee - 247667



56998P/DO/09/Pers

01 Aug 2017

Dr. Rudra Bhandari,
Assistant Professor,
Department of Yoga Science,
University of Patanjali
Roorkee-247667

**CONDUCT OF INTERNATIONAL YOGA DAY
AT BEG & CENTRE, ROORKEE**

Respected Dr. Rudra,

1. I wish to place on record the excellent conduct of "Yogasnas and Pranayam" by you and your team on the occasion of "**International Yoga Day**" on 21 June 2017 at BEG & Centre, Roorkee.

2. I wish you more glory and accolades in times ahead and am sure the works / tasks done by you and your team will keep the name of 'University of Patanjali' at the epitome of glory and success.

Warm Regards,
K. L. Rahul

Enclosure 13



GOA EDUCATION DEVELOPMENT CORPORATION

(A Government of Goa Undertaking)

First Floor, Directorate of Education Building, Alto-Forvorim Bardez Goa.
Ph. 2411187/2411194, Fax: - 2411186

No. GEDC/455 /2016-17/ 785

Dated: 18 /07/2016

To,
Shri. Rudra Bhandari
Patanjali University
Haridwar

Sub: Yog Education Training Program

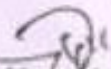
Sir,

Government of Goa has decided to implement Yog Education in Government Primary Schools. You were kind enough to come down to Goa from Patanjali University, Haridwar to train our Master Resource Persons, the training Program which was organized for them from Wednesday, 13th July to Sunday, 17th July.

We look forward for your guidance in near future.

Thanking you,

Yours faithfully,


(G. P. Bhat)
Managing Director

2nd SQUADRON 14TH CAVALRY

To all who read these letters know ye that this

CERTIFICATE OF APPRECIATION

IS AWARDED TO

PROFESSOR RUDRA BHANDARI
DEPARTMENT OF YOGA SCIENCE, UNIVERSITY OF PATANJALI,
INDIA

*FOR OUTSTANDING SUPPORT OF THE 2D SQUADRON, 14TH CAVALRY
REGIMENT DURING THE YUDH ABHYAS 2012 EXERCISE FROM 5 MARCH TO 18
MARCH 2012. YOUR PROFESSIONALISM HAS BROUGHT GREAT CREDIT UPON
YOU, THE "STRYKEHORSE" SQUADRON AND THE UNITED STATES ARMY.*

STRYKEHORSE!



RUBEN TORRES JR.
CSM, USA
Command Sergeant Major

GIVEN THIS 18 MARCH, 2012



CARL L. MICHAUD
LTC, AR
Commanding

Enclosure 15

स्नातकोत्तर चिकित्सा शिक्षा एवं अनुसंधान संस्थान, चंडीगढ़-160012 (भारत)

POST GRADUATE INSTITUTE OF MEDICAL EDUCATION & RESEARCH, CHANDIGARH – 160 012 (INDIA)

AKSHAY ANAND Ph.D
Professor In-charge
CCRYN- Collaborative Centre
for Mind Body Intervention through Yoga



अक्षय आनंद पी.एच.डी.
प्रोफेसर इनचार्ज

संख्या / No. CCRYN/Res/2024/19
दिनांक / Dated 31/8/2022

Dear Dr. Rudra B. Bhandari

Springer Nature's forthcoming book "Neuroscience of Yoga" will feature contributions from eminent global authors on psychoneuroimmunological advancements and implications of yoga and allied mind-body practices. The revised chapter entitled "Psychosocial Implications of Yoga for Healthcare Workers during COVID-19," submitted by your team, has passed the peer review process and has been accepted for publication. We expect to publish the book by the end of 2023. Your effort to write on a novel and relevant subject and coordinate the team is greatly appreciated, and I wish you maximum success in your research.

(Dr. AKSHAY ANAND)

Tel:- +91 1722756094, 9914209090(Mob), Email: akshayanand@rediffmail.com, www.mindbodymind.org

Residence: #102, Sector- 24 A, Chandigarh- 160024

Basics of Acupressure Therapeutics

Rudra B. Bhandari

Department of Yoga Science, University of Patanjali, Haridwar, India

Nidhi Chaudhry

Department of Yoga Science, University of Patanjali, Haridwar, India

Chapter outline

- Overview
- Five element theory, organ clock and meridians
- Functional modalities of acupressure
 - *Sujok*
 - *Reflexology*
 - *Ayurvedic Acupressure*
- Acupressure aids
- Mechanism of acupressure therapeutics
- Clinical applications of acupressure
- Dos & Don'ts
- Summary
- Key terms and meaning
- References



All India Institute of Medical Sciences Rishikesh, (Uttarakhand)

अखिल भारतीय आयुर्विज्ञान संस्थान, ऋषिकेश, (उत्तराखण्ड)

Department of AYUSH / आयुष विभाग

AYUSH / RISH / 480 / 12 March 2019

To
Dr. Rudra B. Bhandari
Assistant Professor, Department of Yoga
University of Patanjali, Patanjali Yogpeeth
Haridwar-249405, Uttarakhand


Subject: Acceptance letter

Dear Dr. Bhandari

I express my appreciation for your contribution as first author of the chapters '**Basics of Yoga and Naturopathy**' and '**Methods of Diagnosis in Yoga**' for our module entitled '**Fundamentals of AYUSH - An Introduction to Health Professionals**'.

I am pleased to inform you that your chapters have been accepted for publication in the module.

With regards


Prof. Vartika Saxena
Editor, Course-coordinator
Head of AYUSH Department
Professor, Department of Community & Family Medicine
AIIMS Rishikesh

Department of AYUSH, Building No.-25
All India Institute of Medical Sciences
Virbhadara Road Rishikesh, Uttarakhand - 249203, Phone No : 0135-2460540
Website: www.aiimsrishikesh.edu.in | E-mail : ayush@aiimsrishikesh.edu.in

Implications of Corporate Yoga: A Review

Rudra B. Bhandari¹, Churna B. Bhandari², Balkrishna Acharya³,
Pranav Pandya⁴, Kartar Singh⁵, Vinod K. Katiyar⁶ and Ganesh D. Sharma⁷

¹University of Patanjali, Haridwar, Uttarakhand,

²Department of Physics, Case Western University, Ohio,

³University of Patanjali, Haridwar, Uttarakhand,

⁴Dev Sanskriti Vishwavidyalaya, Uttarakhand,

⁵University of Patanjali, Haridwar, Uttarakhand,

⁶Department of Mathematics, Indian Institute of Technology, Roorkee, Uttarakhand,

⁷Department of Yogic Sciences, University of Patanjali, Haridwar, Uttarakhand,

^{1,3,4,5,6,7}India

²USA

1. Introduction

Yoga is an art of life management and a universal means for self realization. Health benefits and improvement of human intelligence are inseparable byproducts of yoga practices that can be achieved by every practitioner. Aurobindo (1999) defines yoga as "a practical discipline incorporating a wide variety of practices whose goal is the development of a state of mental and physical health, well-being, inner harmony and ultimately a union of the human individual with the universal and transcendent existence". Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual (Iyengar, 1976). In contemporary scenario, a part of oriental wisdom, yoga has been widely known even in western countries and a substantial number of people have been practicing it for different purposes such as physical fitness, flexibility, stress management, psychological well being, emotional rectification, good habits cultivation and disease management as adjunct therapy. Only USA invests 5.7 billion US dollars annually for yoga classes and yoga products (Macy, 2008). A substantial number of women have been found practicing yoga in UK and other countries. The emergence of many more yoga studios in Europe and South Asia and research studies made pertaining diverse efficacies of yoga portray its ascending popularity and scientific validation and standardization by scientific community.

At present, there are number of scientific researches that substantiate preventive, rehabilitative, therapeutic and excelling powers of yoga at individual and corporate levels (Becker, 2000; Jacobs, 2001; Khalsa, 2004; Ornish, 2009). One of the most exciting developments in the last few decades is the cross fertilization of western science with ideas from Eastern wisdom system such as yoga. With increasing precision, scientists are able to look at the body, mind and spirit and detect the sometime subtle changes than practitioners of yoga and meditation undergo. A scientific interpretation of yogic effects has been made on the basis of bio-psycho-socio-spiritual research model (Evans et al., 2009).



Department of Management Studies
IIT ROORKEE



Faculty of Management Studies
Gurukul Kangri Vishwavidyalaya
Haridwar



ISOL Foundation
Delhi

3rd International Conference On Integrating Spirituality and Organizational Leadership

This is to certify that RUDRA BHANDARI had presented a paper entitled Yogic Prescription for Corporate Wellness and Excellence in ISOL 2011 organised by ISOL Foundation in collaboration with Faculty of Management Studies, Gurukul Kangri Vishwavidyalaya, Haridwar and Department of Management Studies, IIT Roorkee during February 1-5, 2011.

 S. P. Singh Conference-co-convener	 Prof. V.K. Katiyar Conference-co-convener	 Prof. Rajat Agarwal Conference-co-convener	 Prof. Sunita Singh Sengupta Conference Convener
--	---	---	---



Department of Management Studies
IIT, Roorkee



ISOL Foundation
New Delhi

2nd International Research Workshop
on
Spiritual and Ethical Foundations of Organisational Development

This is to certify that

Rudra Bhandari

participated as a paper presenter

in

SEFOD 2010

Organized jointly by

ISOL Foundation & DMS, IIT Roorkee

Hosted by

Parmarth Niketan Ashram, Rishikesh,

Uttarakhand, India

during

October 7 - 9, 2010.

Prof. Sumita Singh Sengupta
Prof. Sumita Singh Sengupta
Workshop Convener
ISOL Foundation
New Delhi

Prof. V.K. Katiyar
Prof. V.K. Katiyar
Workshop Co-Convener
Dept. of Mathematics
IIT Roorkee, Roorkee

Dr. Rajat Aggarwal
Dr. Rajat Aggarwal
Workshop Co-Convener
Dept. of Management Studies
IIT Roorkee, Roorkee

Certificate of Participation

Prevalence of Internet Addiction among Students at an Indian Higher Educational Institution and some proposed Yogic Prescriptions for its mitigation

Rudra B. Bhandari* and Rahul Chaihal

Department of Yoga Science, University of Patarjali, Haridwar, Uttarakhand, India

KEY WORDS

Internet Addiction
Yoga Therapy
Diet
Lifestyle
Swasthavritta

ABSTRACT

Introduction: The Internet is integral to modern life, but its overuse harms health and is treated as an addiction. This study aimed to explore the prevalence of Internet Addiction (IA) among university students and propose an integral yoga prescription for its prevention and treatment.

Methods: Young's Internet Addiction Test was used to rate IA among 154 participants (Mean Age \pm SD: 21.52 \pm 1.57, 84 males and 70 females) randomly sampled from the University of Patarjali (UoP) in May 2018. The study was approved by the Institutional Ethics Committee of the UoP (UOP/IEC/2018/01-A).

Results: The Cronbach's α , 0.765 computed from the current study, indicated its applicability in the Indian context. Of 154 participants, 27.27%, 53.25%, and 19.48% were found with normal, mild, and moderate IA, respectively. The mean \pm SD and level of IA were (42.66 \pm 11.48; 11.69% normal, 57.14% mild, 31.17% moderate) for urban participants and (35.59 \pm 11.48; 42.86% normal, 49.35% mild, 7.79% moderate) for rural participants, respectively. The mean \pm SD and level of IA were (37.85 \pm 12.56; 33.33% normal, 48.81% mild, and 17.86% moderate) for males and (40.67 \pm 11.14; 20% normal, 58.57% mild, 21.43% moderate) for females, respectively. The mean \pm SD and level of IA for postgraduate and undergraduate students were (39.02 \pm 12.12; 23.81% normal, 58.33% mild, 17.86% moderate) and (39.26 \pm 11.89; 31.43% normal, 47.14% mild, 21.43% moderate), respectively.

Conclusions: Female participants in the sample had greater IA. Higher IA, even among yoga students, warrants need of prescribing a preventive and therapeutic yoga lifestyle. The rationally proposed integral yoga lifestyle prescription described herein covering proper cleansing techniques, poses, breath regulations, seals, gestures, meditations, and dietary and lifestyle tips for preventing and mitigating IA, is to be tested in further research.

doi: 10.38205/imcr.040103

*Corresponding Author:

Rudra B. Bhandari, PhD
Department of Yoga Science
University of Patarjali, Patarjali Yogpeeth,
Haridwar-249405, Uttarakhand, India
Contact no: +91-9634510540
E-mail: rbap@uop.edu.in,
uop.rudra@gmail.com

Introduction

The use of the internet for shopping, business, travel, research, learning, entertainment and particularly social networking via E-mail, Facebook™, Twitter, LinkedIn, Whatsapp, Telegram, Instagram, Google+, YouTube, etc., has drastically altered human lifestyle, behaviour, health and productivity. Increased self-confidence, frequent communication with family and friends, and feelings of empowerment are some positive consequences of internet use (1). However, internet use may also result in compulsive overuse, described as Internet Addiction (2) (IA). Specifically, internet use for more than 19 hours per week is called IA, as reported by Kimberly Young in 1996 (3,4). IA is an impulse control disorder without intoxicating drug use (5).

College-going students have been more prone to IA (6) due to their online teaching-learning schedule supporting excessive internet use (7). Teenagers using the internet for long hours may paradoxically result in social isolation, self-distance, and family conflicts (8). College students with

weak self-management and cognitive capabilities who use the internet for social networking and studies are more prone to IA (9). Depressed girls are more prone to IA than depressed boys (10).

Internet-addicted teens have shown physical aggression toward parents when they try to divert them from online gadgets, and adults have faced marital conflicts/breakdowns. Research and clinical practices have also reported negative consequences of IA in adolescents due to their unmanaged lifestyle (11). The other adverse effects of IA are marital conflicts, sleep deprivation, poor dietary habits, poor work performance, isolation, dullness, false speaking, personality change, decreased libido, social withdrawal, self-neglect, family conflict, depression, anger, anxiety disorders, suicidal tendency, backache, obesity, vein thrombosis, and pulmonary embolus (8); and impaired cognitive growth/development and functioning (12). India holds the second rank globally in internet users, with 481 million in December 2017, expected to be 500 million by June 2018 (13). Thus, IA is a growing concern in India.



Original Article

Online Yoga and Ayurveda Intervention as Tertiary Prevention of Psychological Comorbidities in COVID-19 Survivors: A Randomized Controlled Trial

Annals of Neurosciences
1–12
© The Author(s) 2022
Reprints and permissions:
[sagepub.com/journals-permissions](https://www.sagepub.com/journals-permissions)
DOI: 10.1177/09727531221117623
journals.sagepub.com/home/aon

Rudra Bhandari¹ **Abstract**

Background and Purpose: About 56% of symptomatic COVID-19 survivors have been found with neuropsychological comorbidities, such as depression, anxiety, posttraumatic stress disorders (PTSD), and impaired quality of life (QoL). Alongside, antimicrobial, anti-inflammatory, neuroprotective, regenerative, immunomodulatory, cardio-pulmonary health promotive, and psychological benefits of yogic and Ayurvedic intervention are well documented. Therefore, this study aimed to assess the effect of online Yoga (OYI) and Yoga cum Ayurveda intervention (OYAI) on COVID-19-induced depression, anxiety, PTSD, and poor QoL.

Method: Seventy-two participants (males/females: 33/26) with at least a 3-month back history of symptomatic COVID-19 infection and age (mean \pm SD: 32.33 \pm 9.9 and 33.04 \pm 12.9 for males and females, respectively) were recruited from Patanjali Ayurveda Hospital, Haridwar, India, and All India Institute of Medical Sciences, Rishikesh, Uttarakhand, India, before random allocation into an equal-sized control group (CG), Yoga group (YG) and Yoga cum concoction (YCG) group. Split-plot analysis of variance and Kruskal–Wallis tests with Bonferroni adjusted post hoc comparisons were computed for normal and nonnormal data using IBM SPSS (25th Version, SPSS South Asia Private Limited, Bangalore, India).

Results: Both the treatments—the 30-day OYI and OYAI, significantly improved depression ($P < .002$, ES: -0.99 and $P < .001$, ES: -2.11), anxiety ($P < .001$, ES: -1.32 and -1.89), PTSD ($P < .001$, ES: -1.8 and -1.83) and QoL related constructs ($P < .001$, ES: 0.63 and 0.76; 0.71 and 0.93 for each OYI and OYAI versus general health and physical health; $P < .001$, ES: 0.65 for OYAI versus psychological health; and $P < .003$, ES: 0.54 for OYI versus environment) of the participants compared to the controls.

Conclusion: OYAI may better ameliorate COVID-19-induced psychological comorbidities than OYI with no adverse effects.

Keywords

COVID-19 survivors, Psycho-neuropathology, Yoga, Psychosomatic, Ayurveda

Received 14 July 2022; accepted 16 July 2022

Introduction

About 56% of COVID-19 survivors have been diagnosed with one clinically crucial psychopathological comorbidity such as anxiety (42%), insomnia (40%), depression (31%), posttraumatic disorder (PTSD) (28%), and OCD (20%).¹ Another study consistently reported that 22.7%, 21.7%, 20.8%, and 16.2% of people exposed to restrictive measures for managing pandemic infections had clinically significant depression, PTSD, psychological distress, and anxiety, respectively.² Fear of COVID-19 infection, social distancing,

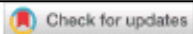
familial isolation, prohibition of everyday sports activities, financial loss, uncertain job, and future, disrupted regular routines, and brain changes caused by the COVID-19 infection are commonly reported triggers for the onset of

¹ Department of Yoga Science, University of Patanjali, Haridwar, Uttarakhand, India

Corresponding author:
Rudra Bhandari, Department of Yoga Science, University of Patanjali,
Haridwar, Uttarakhand 249405, India.
E-mail: uop.rudra@gmail.com



Creative Commons Attribution-NonCommercial 4.0 International License (<http://www.creativecommons.org/licenses/by-nc/4.0/>) which permits non-Commercial use, reproduction and distribution of the work without further permission provided the original work is attributed as specified on the SAGE and Open Access pages (<https://us.sagepub.com/en-us/nam/open-access-at-sage>).



Article

Relationship Between Spirituality and Distress in Ascetics

Psychological Reports
0(0) 1–12

© The Author(s) 2021


Article reuse guidelines:

sagepub.com/journals-permissions

DOI: 10.1177/00332941211043454

journals.sagepub.com/home/prx



Rudra B. Bhandari ,
Nidhi Chaudhry, and Sarita Devi

Department of Yoga Science, University of Patanjali,
Haridwar, India

Abstract

The relation between spirituality and health has been argued for decades. The study aimed to ascertain the extent and nature of the relationship between spirituality quantified in terms of Spiritual Intelligence (SI) and distress in ascetics. Sixty-three Hindu ascetics aged 31.3 ± 6.6 years were sampled from Patanjali Yogpeeth, India. Participants' distress and spiritual levels were measured by using the Cornell Medical Index Health Questionnaires (CMHIQs) and Spiritual Intelligence Self-Report Inventory-24 (SISRI-24), respectively. Multiple regression analyses showed an insignificant negative relationship between SI and distress implying SI as a predictor of psychosomatic health.

Keywords

Mental health, intelligence, awareness, anxiety, emotional intelligence, self-regulation

Introduction

The role of spirituality in healthcare has witnessed ever-increasing research interest to ascertain the nature of the relationship between spirituality and health. Spirituality and religiosity have been perceived as elusive and illusory concepts and have faced severe criticisms from the quoted psychologist

Corresponding Author:

Rudra B. Bhandari, Department of Yoga Science, University of Patanjali, Haridwar, India.

Email: uop.rudra@gmail.com

Yogic Intervention for Coping with Distress

Complementary/
Alternative Medicine
Section

RUDRA BAHADUR BHANDARI

ABSTRACT

Introduction: The wide prevalence of stress among the corporate workforce and its adverse impacts on employee health and work performance is skyrocketing. This warrants assessing efficacy of complementary and alternative approaches like yoga for stress management and health promotion.

Aim: This study was primarily aimed at assessing the efficacy of Integrated Yogic Intervention (IYI) on Physical Distress (PD), Emotional Distress (ED) and Total Distress (TD) and predicting nature of relationship between PD and ED after the IYI.

Materials and Methods: A 45-day IYI was administered among 75 corporate personnel (60 males and 15 females with mean age 31.52±8.22 and 27.83±4.37 years respectively) by creating a randomised control groups- Experimental Group (EG) and Control Group (CG) with same size and gender ratio (75 members in each group with 60 males and 15 females). A mixed factorial ANOVA was used to check intra and inter group differences by treating baseline and after distress of participants measured

by male and female versions of Cornell Medical Index Health Questionnaires (CMIHQs).

Results: Comparisons of means between EG and CG by computing unpaired t-test showed significant reduction ($p < 0.001$) in PD, ED and TD of the male practitioners and ED of the female practitioners whereas, reduction in the female practitioners after mean PD and TD was significant at $p < 0.01$ as compared to their controls. Comparison of intra group means by computing paired t-test in EG showed significant reduction ($p < 0.001$) in after mean distress (PD, ED and TD) in case of both male and female practitioners. Significant association ($p < 0.01$) found between after PD and ED of the participants revealed ED as the predictor of PD.

Conclusion: Integrated Yogic Intervention may be used as an inexpensive alternative to moderate distress and improve psychosomatic health of workforce in contemporary corporate organisations. The emotional health is to be bettered to empower somatic health.

Keywords: Corporate workforce, Emotional distress, Health promotion, Integrated yogic intervention, Physical distress

INTRODUCTION

Rapid globalisation, technological advancements, multicultural work environments, work-life conflict, recessions and subsequent changes in the work nature had caused high stress with everyone at the workplace [1]. Meeting and beating deadlines, unnatural life style, materialistic relationships, no time for self, over indulgence, odd and long work hours, multi-tasking, bullying, poor pay scale, job insecurity, work-life conflict, role mismatch, role conflict, role overlapping and role overload are some of the prevalent potential stressors of the corporate world [2]. Prevalence of distress and its somatic and emotional indicators among corporate personnel are highly responsible for deterioration of their health and performance. The American Institute of Stress (AIS) states that stress related illness costs economy more than \$ 100 billion per year and as estimated in 2001 stress costs organisations \$300 billion in healthcare, workers compensation, absenteeism and turnover; and annual productivity losses hover around \$17 billion [3]. Distress is a state of physical and emotional suffering produced by excessive demands for adaption [4]. At individual level, persistent stress causes PD and ED in the form of cardiac diseases, stroke, cancer, respiratory disease, arthritis, gastrointestinal disorders, genitourinary problems, musculoskeletal disorders, insomnia, psychological disorders (depression, suicide, anger, inadequacy, anxiety, sensitivity etc.), psychosomatic illness, dermatological disorders, chronic aches, and pain [5,6]. The PD, ED and TD stand for the indicators of distress on somatic, emotional and general health of an individual.

There are number of interventions developed to cope with and manage stress and its adverse effects at individual level. According to the transactional theory of coping proposed by Lazarus and Folkman, "coping is an active and purposeful process by which an individual responds to stimuli appraised as taxing or exceeding his or her resources" [7]. Coping includes behavioural, emotional and cognitive attempts to manage the demands imposed by stressor

[8]. Stress Management Interventions (SMIs) and alternative options employed for the prevention, moderation and cure of distress and its possible adverse consequences at individual and organisational level have been widely reported but found insufficient [2].

Yoga has been accepted as an optimal way of living for time immemorial and has emerged as one of the inexpensive alternatives and common means for holistic health management. Substantial research evidences support that certain yoga techniques may improve physical and mental health through down-regulation of the Hypothalamic-Pituitary-Adrenal (HPA) axis [9], elevation of immunoglobulin-A and natural killer cells [10] and decrease in inflammatory markers such as C-reactive protein, interleukin-6 and lymphocyte-1B [11] and reduction of anxiety [12] and increase in Heart Rate Variability (HRV), emotional, social, and spiritual well-being [13].

Some of the Mind-Body Interventions (MBIs) employed for stress management have focussed on the particular aspect of mind-body practice such as postures, breathing exercises, and meditations rather than employing integrated intervention of pertinent yogic practices that can positively impact body, mind and spirit for stress prevention, moderation and healing of stress born somatic or emotional problems. Hence, the researcher was aspired to assess the efficacy of an IYI comprised of selected yogic practices (cleansing techniques, postures, breathing exercises, gestures, psychic locks, concentration, meditation, atmnabodha and tattwabodha, devotional chants and songs, spiritual assertions for cognitive and emotional restructuring) derived from hatha yoga, raj yoga, jyan yoga and bhakti yoga; on PD-somatic health, ED-Emotional Health and TD-overall health; of the subjects from corporate sectors. Moreover, the study was also aimed at ascertaining the nature and strength of relationship between after ED and PD in EG to assess the fact-general health is the function of mind-body interplays. The expected implication of the study was to highlight efficacy and significance of yoga to prevent and moderate PD, ED and TD for empowering

Yoga practices for different blood types based on occidental – oriental food habits

Acharya Balkrishna ¹, Paran Gowda ², Rachana Bhattarai ^{3*}, Rudra B. Bhandari ⁴,
Kuldeep Singh ⁵, Anita Verma ⁶

¹ Founder, Patanjali Institutions, Haridwar, Uttarakhand, India

² Professor, Patanjali University Haridwar, Uttarakhand, India

^{3*} Continental Food and Nutrition Expert, Patanjali Food Park, Haridwar, Uttarakhand, India and Chairperson,
Rachnaaz educational and charitable trust Chennai

⁴ Asst. Professor, Patanjali University, Haridwar, Uttarakhand, India

⁵ Head Dental Clinic and Research Centre, Patanjali Ayurved Hospital, Haridwar, Uttarakhand, India

⁶ Research Scholar, Patanjali University, Haridwar, Uttarakhand, India

*Corresponding author E-mail: rachnaaztrust@gmail.com

Abstract

Objective: The objective of this paper is to bring the relationship between blood types versus Occidental – Oriental Food Habits (OOFH) along with Yoga practices for better public health and wellness.

Methodology: Sample sizes of 50 persons are selected for the study. Clinical blood type classifications and suitable diet combinations, OOFH items are worked out by trial and error method in a laboratory. A Yoga Wellness scoring card or impact card is developed to measure yoga practices.

Results: The trial and error method led to innovative development of 10 basic organic food items with 50,000 variations are shown empirically for clinically tested 4 blood groups. Secondly, by using OOFH items, one can maintain a healthy body-mind. Thirdly, yoga wellness card is developed can be used as a health education and communication tool for healthy life style. Lastly, stress related issues are treated with variant juices.

Conclusions: The study concludes, that a recommended OOFH diet along with Wellness card helps the individuals to maintain a disease free body-mind of clinically classified of blood types. There is a scope for further research work.

Keywords: Blood types; Food habits; Health; Lifestyle; Yoga

1. Introduction

The medical fraternity and scientists across the globe have not subscribed concretely the blood group relation with food habits. All life styles on earth shares a common ancestral ancestor known as the last universal common ancestor (Doolittle et al. 2000, Kaplan et al. 2008, Kampourakis 2014), which lived approximately 3.5-3.8 billion years ago (Glansdorff et al. 2008), although a study in 2015 found "remains of biotic life" from 4.1 billion years ago in ancient rocks in Western Australia (Borenstein, Bell et al. 2015). In July 2016, scientists reported identifying a set of 355 genes from all living beings on Earth (Wade 2016).

In this article, we are proposing a new mix of Occidental-Oriental Food Habits (OOFH) with new recipes and blood groups. We included yoga as a Health education and Communication tool for public health to relax the body-mind coordination for better life style and group wellness. Yoga is a 5,000-year-old physical, mental and spiritual practice having its origin in India, which aims to transform both body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The Indian Prime Minister in his UN address suggested the day 21st June as it is the longest day of the year in the Northern Hemisphere and shares a special significance in almost all parts of the world.

As per the medical science, the ABO system is one of the most important blood group systems in transfusion/transplantation medicine. However, the evolutionary significance of the ABO gene and its polymorphism remained unknown (Fumichiro et al. 2014). As per the unpublished report (Fat sheet 2017, Available at: <https://www.fatsecret.com/calories-nutrition/>) on "Bloodtronics" (yet to be published paper by one of the authors), modern blood group classification is related to the origin of human kind from the Darwin's theory of evolution. The assumption made in this report is that blood type is related to evolutionary theory of change. As per the theory, group O is considered to be the ancestral blood group in humans and their basic food is consumption of high animal protein diets - a typical animal food for the community who lived in forests of by gone era called as Stone Age hunters. In contrast, those with group A should thrive on a vegetarian food like jungle wide fruits as this blood group was believed to have evolved when humans settled down into Agrarian societies. Following the same rationale, individuals with blood group B are considered to benefit from consumption of dairy products because this blood group was believed to originate in nomadic tribes. Finally, individuals with an AB blood group are believed to benefit from a diet that is intermediate to those proposed for groups A and B.



Copyright © 2017 Rachana Bhattarai et al. This is an open access article distributed under the [Creative Commons Attribution License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.



Yogic Prescription for Corporate Wellness and Excellence

Rudra B. Bhandari^a, Acharya Balkrishna^a, Sharma Ganesh Datt^b

Abstract

Yoga has been practiced as a complete way of life management and ecological harmony for time immemorial. Successful companies across the globe like Microsoft, IBM, and PepsiCo etc., have incorporated yoga or spirituality at their workplaces for employees' wellness and organizational excellence. In contemporary scenario, scientific researches on yoga that substantiate its positive impacts at bodily, psychic, societal, spiritual and organizational level have been made abundantly. However, there is a lack of an innovative yogic model that is holistic and supportive to boost corporate wellness (CW) and excellence (CE). So the basic aim of this paper is to propose a yogic prescription (YP) for the corporate wellness and excellence that needs to be tested in future researches.

Keywords

Corporate wellness, corporate excellence, yogic prescription

There are a number of emerging concepts and confusions regarding the term yoga. In fact, the yoga was propounded by seers and sages of yore to be freed from all bondages of lives and to reach liberation. Yoga stands for a fusion of embodied consciousness with supreme consciousness. From the perspective of Samkhya philosophy, yoga is fission of *Parkirti and Purusha* that happens when all psychic modifications get inhibited (Taimni 2002). It's targeted toward inner journey to reach trance and liberation unless its primitive journey starts from gross practices that are quite effective for a sound physical, mental, social and spiritual well-being of each individual. Physical fitness, sound mental health, focused mind and purified emotions are the foremost to any individual desired for success, happiness and harmony in life. So yoga seems essential, eternal and global for entire

humanity and global harmony. In modern context, most of the yoga practitioners are concerned to their physical and mental benefits. Basically, they have been practicing yoga for health promotion and disease management. For instance, only US invests \$5.7 billion dollars per year in the yoga classes and products by involving 15.8 million people. Of these US yoga practitioners, 72.2 percent are women who practice yoga to be slim, flexible, de-stressed and

^aPatanjali Yogpeeth, Haridwar, India

^bUniversity of Patanjali, India

Corresponding Author:

Rudra B. Bhandari, Patanjali Yogpeeth, Maharshi Dayanand Gram, Delhi-Haridwar National Highway, Near Bahadrabad, Haridwar-249402, Uttarakhand, India
Email: rudra.bhandari@gmail.com

Indian J Physiol Pharmacol 2011; 55 (4) : 329-335

EFFECT OF YOGIC PACKAGE ON RHEUMATOID ARTHRITIS

VIJAY KUMAR SINGH¹, R. B. BHANDARI^{2*}
AND BUDHI BAL RANA³

¹Lecturer, School of Yoga and Health,
Dev Sanskriti University, Shantikunj, Haridwar – 249 411

²Research Coordinator, Knowledge Workers' Network,
Patanjali Yogpeeth, Haridwar – 249 402 and

³Senior Research Fellow, Department of Yog Research,
Patanjali Yogpeeth, Haridwar – 249 402

(Received on October 27, 2010)

Abstract : This study aimed at studying the effect of yogic package (YP) with some selected pranayama, cleansing practices and meditation on pain intensity, inflammation, stiffness, pulse rate (PR), blood pressure (BP), lymphocyte count (LC), C-reactive protein (CRP) and serum uric acid (UA) level among subjects of rheumatoid arthritis (RA). Randomized control group design was employed to generate pre and post data on participants and controls. Repeated Measure ANOVAs with Bonferroni adjustment were applied to check significant overall difference among pre and post means of participants and controls by using PASW (SPSS Inc. 18th Version). Observed result favored statistically significant positive effect of YP on selected RA parameters and symptoms under study at $P < 0.05$, 0.01 and 0.001 respectively that showed remarkable improvement in RA severity after 40-day practice of YP. It concluded that YP is a significant means to reduce intensity of RA.

Key words : yogic package (YP) rheumatoid arthritis (RA)

INTRODUCTION

In present scenario, rheumatoid arthritis (RA) is a disease with no cure, which affects people of working age- the prevalence increases with age and may reach 5% above the age of 55 by affecting 80-90% hands and wrist joints of RA patients (1). Patients complain of various symptoms including joint pain and stiffness, loss of range of movement and reduction in muscle power and grip

strength (2, 3) that leads to increased difficulties in performing daily activities.

Yogic management of the arthritic process is all embracing and effectively complements standard medical measure (4). In previous study it was found that yoga practice leads to significant improvement in grip strength (5, 6), reduction in disability scores of the Health Assessment Questionnaire and rheumatoid factor levels without having

*Corresponding Author : Rudra Bhandari, Patanjali Yog Peeth, Maharishi Dayanand Gram, New Delhi - Haridwar Highway, Bahadrapur, Haridwar, Uttarakhand - 249 408, India; Ph: +91.01334.244805; Telefax: +91.01334.244805, Email: rudra.bhandari@gmail.com.

Enclosure 28

4/12/23, 4:55 PM

Corporate Yoga and Its Implications | SpringerLink



Search   [Log in](#)



6th World Congress of Biomechanics (WCB 2010), August 1-6, 2010 Singapore pp 290–293

[Home](#) > [6th World Congress of Biomechanics \(WCB...](#) > Conference paper

Corporate Yoga and Its Implications

[Rudra Bhandari](#), [Balkrishna Acharya](#) & [V. K. Katiyar](#)

Conference paper

178 Accesses | 6 Citations | 3 Altmetric

Part of the [IFMBE Proceedings](#) book series (IFMBE, volume 31)

Abstract

Yoga is being practiced as a complete means of total health and human excellence for time immemorial. So attraction towards Yoga has been highly increased in corporate world, especially in developed countries. Merely US invests \$ 5.7 billion dollar per year for yoga classes and products [1]. Large corporations of the world like MICROSOFT, IBM, HBO, The White House, New York Police Dept., PepsiCo, United Airlines, and Nike etc have incorporated yoga to fulfill health criteria of performance excellence. Research at Stress Reduction Clinic at University of Massa-chutes

https://link.springer.com/chapter/10.1007/978-3-642-14515-5_75

1/6

Enclosure 29



Leonhard Schilbach via Frontiers: Manuscript Rejected/Withdrawn

1 message

Leonhard Schilbach (Via FrontiersIn) <noreply@frontiersin.org>
Reply to: Leonhard Schilbach (Via FrontiersIn) <leonhard.schilbach@lvr.de>
To: uop.rudra@gmail.com

Thu, 23 Mar 2023 at 11:49

Dear Dr Bhandari,

This is to notify you that the following manuscript you were reviewing could not be accepted for publication. Thank you very much for your time and effort invested. Note that your identity will not be revealed to the authors.

Manuscript title: Yogic management of Occupational Stress in Police Personnel: A narrative review
Manuscript ID: 1074300
Journal: Frontiers in Human Neuroscience, section Brain Health and Clinical Neuroscience
Article type: Mini Review
Authors: Saurabh Kumar, Kanupriya Sharma, Parth Lal, Monika Gautam, Hosakote S Vadiraja, Raghavendra Rao Mohan, Akshay Anand, Pramod K Avti
Edited by: Jennifer Daubenmier

You can access the review forum with the manuscript and comments using the following link:
<http://www.frontiersin.org/Review/EnterReviewForum.aspx?activationno=a2e5f2d7-269f-40c4-8b77-b5f08c538e2c>


With best regards,

Leonhard Schilbach
Specialty Chief Editor,
www.frontiersin.org

We want to hear about your experience with Frontiers. We are constantly striving to improve our peer review process, please complete our short 3-minute survey to tell us about your experience, your opinion is important and will guide future development.
https://frontiersin.qualtrics.com/jfe/form/SV_9sfHMjCrBqCCUYe?survey=reviewerrej&Decision=Rejected&ArticleId=1074300&UserId=2125542

Thank you very much for taking the time to share your comments.

Enclosure 30

Rudra Bhandari <uop.rudra@gmail.com>

Frontiers: Thank you for submitting your Independent Review Report! - 1074300

Frontiers Human Neuroscience Editorial Office
<humanneuroscience.editorial.office@frontiersin.org>
Reply-To: Frontiers Human Neuroscience Editorial Office <humanneuroscience.editorial.office@frontiersin.org>
To: uop.rudra@gmail.com

Wed, Dec 14, 2022
at 11:01 AM

Dear Dr Bhandari,

Frontiers Human Neuroscience Editorial Office has sent you a message. Please click 'Reply' to send a direct response

Thank you for submitting your independent review report for the manuscript "Yoga: as a tool to manage Occupational Stress in Regimented Forces". The handling editor has been notified, and you can find a copy of your report below.

The interactive review forum is already activated for this manuscript, allowing direct discussion with the authors. They will be notified of the submission of your report.
You will be informed once the authors submit a revised manuscript or reply to your report.

You can access the manuscript and the interactive review forum online using the following link:
<http://www.frontiersin.org/Review/EnterReviewForum.aspx?activationno=b02dd3aa-84ba-463a-86f0-4a7c62fe2e21&retab=2>

To familiarize yourself further with the Frontiers review guidelines:
http://www.frontiersin.org/Journal/ReviewGuidelines.aspx?s=2003&name=brain_health_and_clinical_neuroscience

Best Regards,
Your Frontiers in Human Neuroscience Team

Frontiers | Editorial Office - Collaborative Peer Review Team
www.frontiersin.org | twitter.com/FrontiersIn
Avenue du Tribunal Federal 34
Lausanne, Switzerland | T 41 21 510 1793

For technical issues, please contact our IT Helpdesk (support@frontiersin.org) or visit our Frontiers Help Center (<https://zendesk.frontiersin.org/hc/en-us>).

Manuscript title: Yoga: as a tool to manage Occupational Stress in Regimented Forces
Manuscript ID: 1074300
Authors: Saurabh Kumar, Kanupriya Sharma, Monika Gautam, Hosakote S Vadiraja, Raghavendra Rao Mohan, Akshay Anand, Pramod K Avti
Journal: Frontiers in Human Neuroscience, section Brain Health and Clinical Neuroscience
Article type: Mini Review
Submitted on: 19 Oct 2022
Edited by: Jennifer Daubenmier

Research Topic: New Insights into Yoga and Mental Health

Independent Review Report, Reviewer: Rudra Bhandari


EVALUATION

Please list your revision requests for the authors and provide your detailed comments, including highlighting limitations and strengths of the review. If you have additional comments based on Q2 and Q3 you can add them as well.

The authors have chosen very good area of contemporary relevance to compose narrative review. I went through whole article with due interest and found captivating. However, the below comments are worthy to note and address before acceptance/publication.

1. The study title "Yoga: as a tool to manage Occupational Stress in Regimented Forces" be revised as "Yogic management of Occupational Stress in Police Personnel: A narrative review" because yoga is not only tool, it is set of principles, practices and way of living. Additionally, the studies included in the manuscript cover the police personnel

Enclosure 31

 Gmail Rudra Bhandari <uop.rudra@gmail.com>

Fwd: AMBM Peer Review Assistance #1264

Rudra Bhandari <rudra.bhandari@gmail.com> Wed, Jul 27, 2022 at 6:21 PM
To: uop.rudra@gmail.com

----- Forwarded message -----
From: **Mary Shepard** <mary@innovisionhm.com>
Date: Mon, 4 Jul 2022, 09:55
Subject: AMBM Peer Review Assistance #1264
To: Mary Shepard <mary@innovisionhm.com>

We publish *Advances in Mind Body Medicine*, one of the oldest professional medical journals that covers holistic, natural and alternative medical treatments. All of our studies are indexed in PubMed.

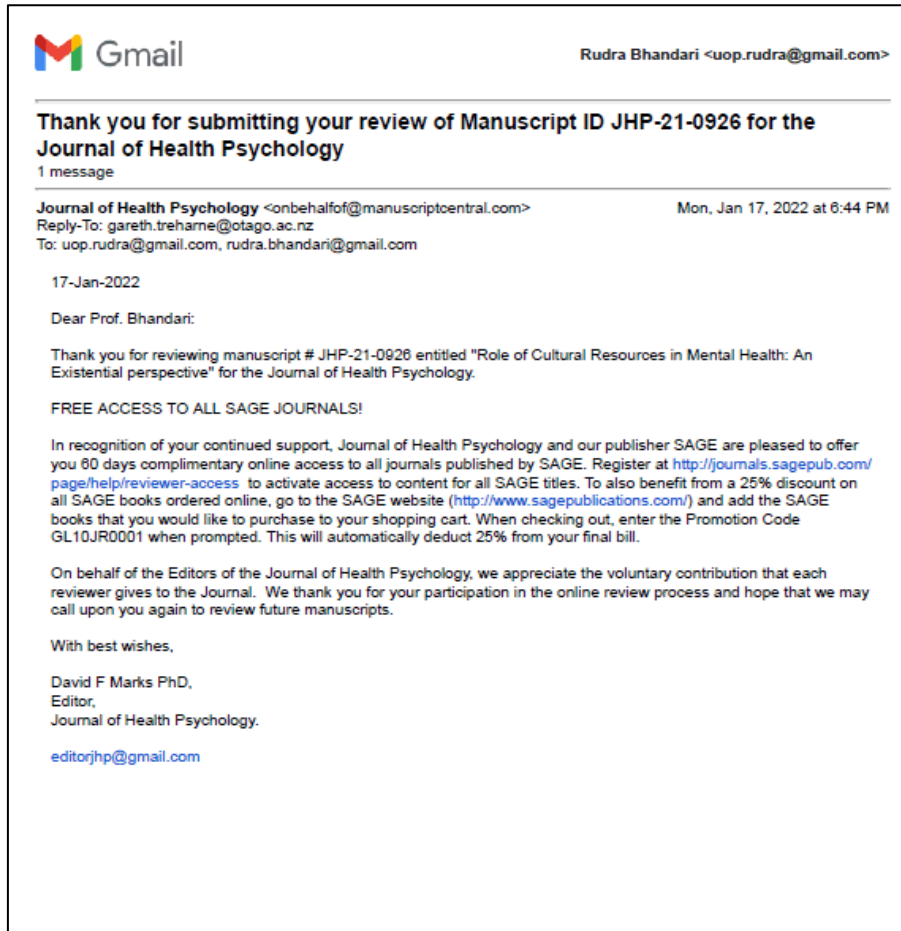
Your contact information was provided to me by one of your colleagues. They felt you may be able to assist in the peer review of the attached submission titled: "**Changes in Heart Rate Variability and Executive Functions Following Yoga Practice in Type 2 Diabetes Patients: A Pilot Study**". I have attached the study that we are looking for peer review assistance on. We are hoping that you can complete this review by 7/10/2022, however if you need additional time please let me know. I am sure that you are aware of the valuable resource the peer review process is. I hope that you will be able to assist us.

If you cannot assist in reviewing this article, or if you are not comfortable with the content, please consider recommending a colleague who may be available for the review.

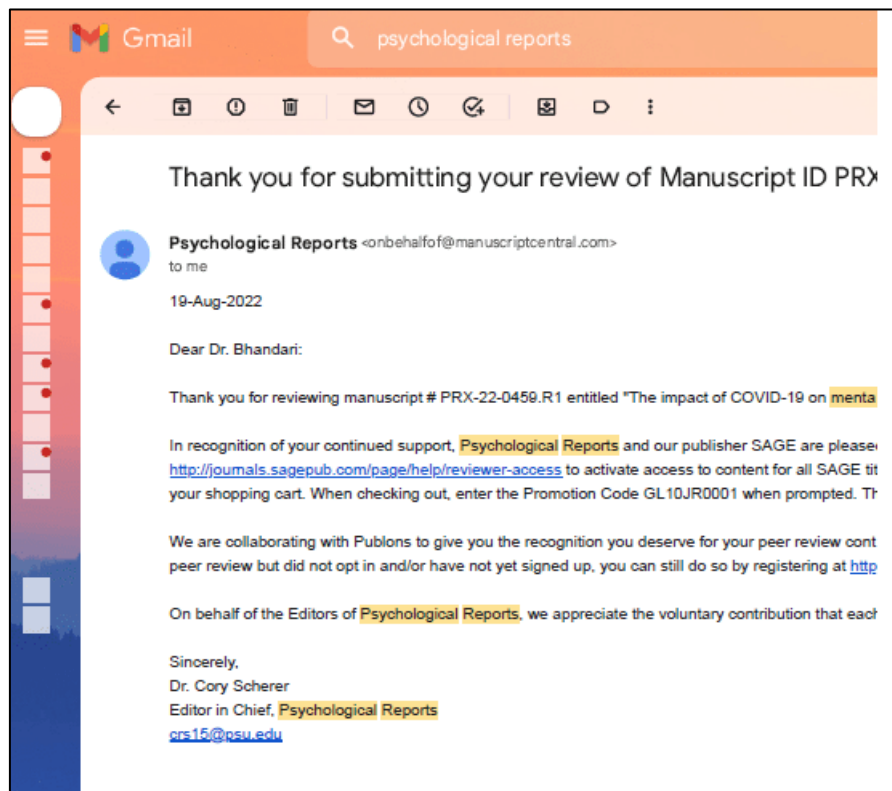
Thank you in advance for completing this review.

Mary Shepard
Editorial Assistant

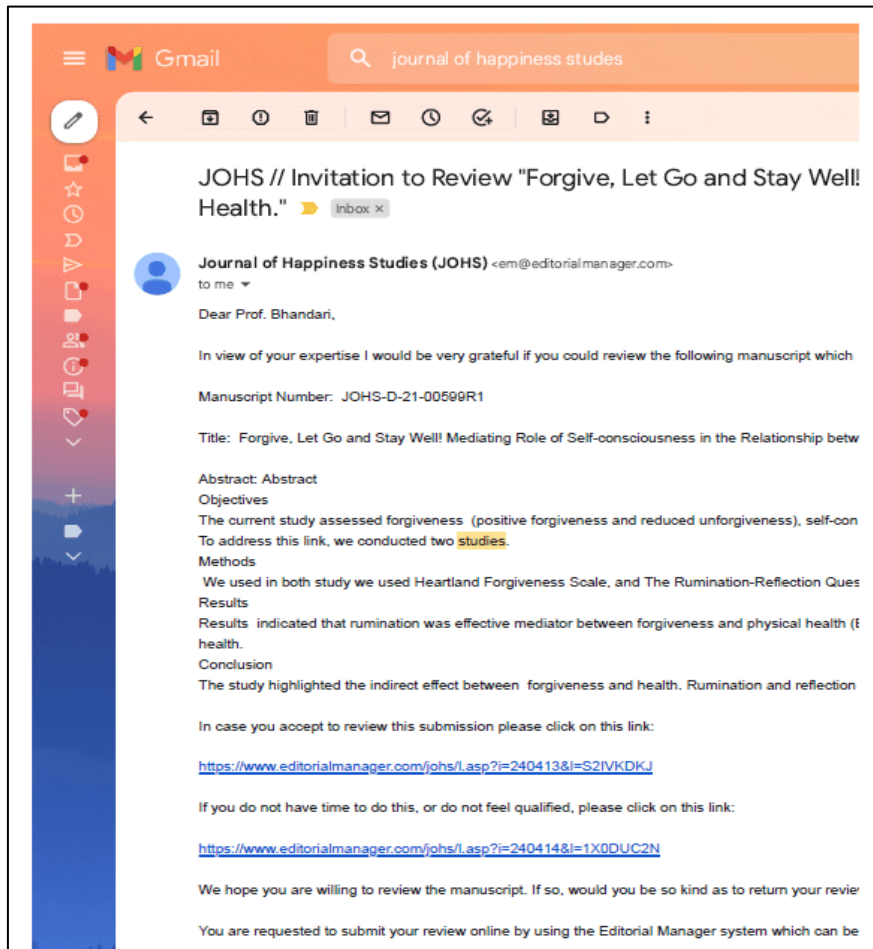
Enclosure 32



Enclosure 33



Enclosure 34



Dr. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD
BOARD OF EXAMINATION & EVALUATION

STRICTLY CONFIDENTIAL

Ref. No. BAMU/TET-2022/T-122/53

Date: 14th July 2022

Teachers Eligibility Test (TET2022)

LETTER OF APPOINTMENT

To,

Professor Dr. Rudra Bhandari
University of Patanjali

Sir/Madam,

1. I am directed to state that Hon. Vice Chancellor is pleased to invite you to act as Paper-setter/Examiner in the subject of Yoga, Subject code T-122 at the Teachers Eligibility Test (TET 2022).
2. I am to state that your appointment is confirmed. In case you are not in a position to accept the assignment, you are requested to inform your refusal by 16th July 2022 or else it will be presumed that you have accepted the assignment.
3. You are requested to keep your appointment confidential
4. You have to set 100 questions (MCQs). The standard and difficulty level of questions should of Post Graduate level teacher in concern subject.
5. You are also requested to note that every question you set should be a Multiple Choice Question, having four options for every question and having the value of One (01) Mark for each question.
6. While the multiple choice questions are framed, you are requested to bear in mind that the answer to a particular MCQ should be very specific and should not result in any confusion or ambiguity for the remaining options as partially correct option.
7. It is compulsory to set and submit question paper in given template along with answer key for each question.
8. Honorarium for the said assigned will be paid to you as per rate of Rs. 10/- per question by the university.
9. You are requested to submit the set on or before 21st July 2022 on the E mail ID bamuTET2020@gmail.com
10. For any further information please free to call on mobile number 9421684134

Yours Faithfully,
Sd/-

(-----)

Coordinator TET 2022

Dr. Babasaheb Ambedkar Marathwada University
Aurangabad

Enclosed herewith:

1. Template format
2. Online Exam MCQ type Online Question Bank Instruction Guide



देव संस्कृति विश्वविद्यालय

गायत्रीकुब्ज- गान्धिकुब्ज हरिद्वार (उत्तरखण्ड)

दिनांक: /05/2022

सेवा में,

डॉ. रूप बहादुर भण्डारी, परीक्षा सहायक प्राचार्य
प्रेक्षा विभाग, पतंजलि विश्वविद्यालय, हरिद्वार (उ.ख.)

महोदय/महोदया,

कृपया अवगत हों कि आपको वर्ष मई, 2022 की MA/MSc HCLYS 4MSc Y69 II Sem.
प्रायोगिक परीक्षा हेतु बाह्य परीक्षक नियुक्त किया गया है।
इस प्रायोगिक परीक्षा हेतु विश्वविद्यालय द्वारा नियुक्त आन्तरिक परीक्षक
श्री डॉ. सुरेश लाल वर्मावाल मोबाईल नं. 9258369621 आपके सम्पर्क में रहेंगे।

परीक्षा तिथि : 09/05, 10/05/2022

समय : 09:00 A.M.


परीक्षा नियंत्रक
Examination Dept.
Devi Sanskriti Vishwavidyalaya, Haridwar

प्रतिलिपि :

डॉ. सुरेश लाल वर्मावाल की ओर भेजकर निवेदन है कि आप
श्री डॉ. रूप बहादुर भण्डारी से सम्पर्क बनाये रखें तथा यदि परीक्षा की तिथियों में कोई
परिवर्तन होता है तो उसकी सूचना मुझे भी देने का कष्ट करें।

Enclosure 37

2/2/22, 1:08 PM Gmail - Thank you for submitting your review of Manuscript ID JHP-21-0314.R1 for the Journal of Health Psychology

 Rudra Bhandari <uop.rudra@gmail.com>

Thank you for submitting your review of Manuscript ID JHP-21-0314.R1 for the Journal of Health Psychology

Journal of Health Psychology <onbehalf@manuscriptcentral.com> Sun, Sep 12, 2021 at 7:12 PM
Reply-To: dfmarksphd@gmail.com
To: uop.rudra@gmail.com, rudra.bhandari@gmail.com

12-Sep-2021

Dear Prof. Bhandari:

Thank you for reviewing manuscript # JHP-21-0314.R1 entitled "Mediators and moderators of physical activity changes in a school-based intervention targeting childhood obesity" for the Journal of Health Psychology.

FREE ACCESS TO ALL SAGE JOURNALS!

In recognition of your continued support, Journal of Health Psychology and our publisher SAGE are pleased to offer you 60 days complimentary online access to all journals published by SAGE. Register at <http://journals.sagepub.com/page/help/reviewer-access> to activate access to content for all SAGE titles. To also benefit from a 25% discount on all SAGE books ordered online, go to the SAGE website (<http://www.sagepublications.com>) and add the SAGE books that you would like to purchase to your shopping cart. When checking out, enter the Promotion Code GL10JR0001 when prompted. This will automatically deduct 25% from your final bill.

On behalf of the Editors of the Journal of Health Psychology, we appreciate the voluntary contribution that each reviewer gives to the Journal. We thank you for your participation in the online review process and hope that we may call upon you again to review future manuscripts.

With best wishes,
Dr. D Marks
Editor, Journal of Health Psychology
dfmarksphd@gmail.com, dfmarksphd@gmail.com

Enclosure 38

ym Manuscript for review: ym_15_22 Your comments are awaited  Inbox

 **Yoga Mimamsa** 19 Feb
to me  

Dear Dr Bandhari,

We will appreciate it most if you could send your critical remarks related to the manuscript ym_15_22 entitled "A cross-sectional study on impulsiveness, mindfulness, and WHO quality of life in heartfulness meditators", which was sent for your valuable comments some time back.

Details are available at our manuscript submission site: <https://review.jow.medknow.com/ym>. Kindly log in as Reviewer.

We thank you for your co-operation and valuable time and look forward for the continuing support.

Thanking you,
The Editorial Team
Yoga Mimamsa



Date: March 13, 2023

Letter of Guest Deliberation/To Whomever It May Concern

This is to confirm that Dr. Rudra Bhandari, Senior Assistant Professor, Department of Yoga Science, University of Patanjali, delivered an online invited talk on "**Advances in Yoga Therapy**" organized by Department of Yogic Sciences and Wellbeing on 26th February 2023.

His evidence-based talk on concept, principles, practices, effects, modes of action, contraindications, and recommendations regarding Yoga Therapy, its teaching-learning and research possibility in Nepalese context was outstanding and highly appreciated by all participants. I hope his future association/collaboration with Kathmandu University to update Curricula, Course Contents and review/design research activities.

Lastly, I wish him yogic advancement, optimal health and bright career.

A handwritten signature in blue ink that reads 'Ananta Risal'.

.....
Ananta Risal
Program Coordinator
Yogic Sciences and Wellbeing
Kathmandu University



Enclosure 40



Certificate of Guest Delibration

1 message

Sports Officer <sports.officer@iitr.ac.in>
To: Rudra Bhandari <uop.rudra@gmail.com>

Tue, 6 Sep 2022 at 20:54

TO WHOM SO EVER IT MAY CONCERN

This is to verify that Dr. Rudra Bhandari, Senior Assistant Professor, Department of Yoga Science, University of Patanjali, conducted an invited yoga session organized by. Institute Sports Council, IIT Roorkee on 19th June 2022 in presence of over 400 participants on the eve of 5th International Day of Yoga. His yoga session was focused on teaching practices for immunomodulation and wellness promotion. The session was realized outstanding and highly appreciated by the participants. I wish him yogic advancement, optimal health and bright career.

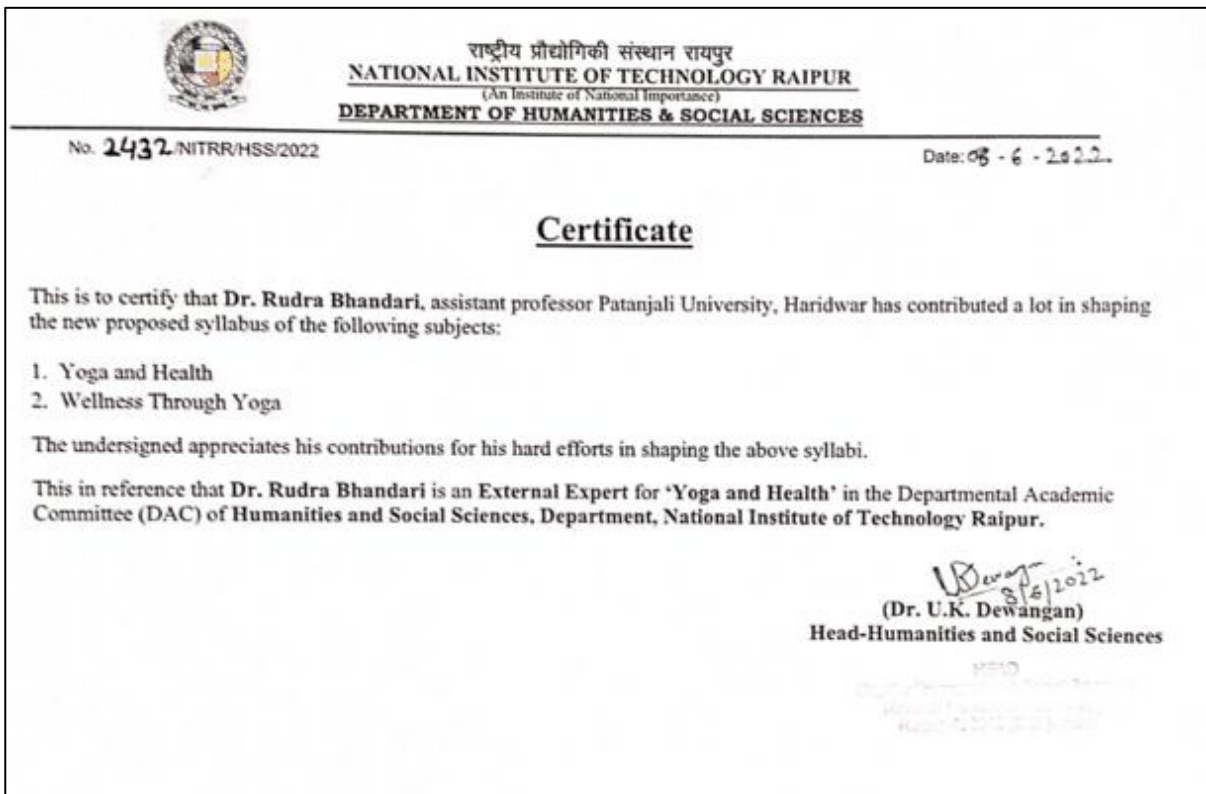
Dr. Alok Kumar Pandey

Sports Officer

Enclosure 41



Enclosure 42



यू.जी.सी.-मानव संसाधन विकास केन्द्र
गुरु घासीदास विश्वविद्यालय
(केन्द्रीय विश्वविद्यालय अधिनियम 2009 के 25 के अन्तर्गत स्थापित केन्द्रीय विश्वविद्यालय)
कोनी, बिलासपुर - 495009 (छ.ग.)
दूरभाष: 07752-260426, 292288 MB - 9981180372
ई-मेल: directorhrdc@ggu.ac.in, directorhrdcggv@gmail.com,
वेबसाइट: www.ggu.ac.in/gguold/HRDC



UGC-Human Resource Development Centre
Guru Ghasidas Vishwavidyalaya
(A Central University Established under the Central Universities Act, 2009 No 25 of 2009)
Koni, Bilaspur - 495009 (C.G.)
Phone: 07752-260426, 292288 MB - 9981180372
E-Mail: directorhrdc@ggu.ac.in, directorhrdcggv@gmail.com,
Website: www.ggu.ac.in/gguold/HRDC

Dr. Ratnesh Singh
Director

e-No.: 1190
Date: 22/01/2022

TO WHOMSOEVER IT MAY CONCERN

Dr. Rudra Bhandari, Coordinator Yoga, University of Patanjali, Bhadrabad, Haridwar delivered lecture/s as a resource person in the *Refresher Course on Yoga: Health, Fitness, Wellness & First Aid* organized by UGC-Human Resource Development Centre (HRDC) of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) from *10/01/2022 to 22/01/2022*.

The details are as follows :

S.No.	Topic	Date
1	<i>Internal yoga for personal excellence-I.</i>	<i>15/01/2022</i>
2	<i>Internal yoga for personal excellence-II.</i>	<i>15/01/2022</i>

We are thankful and grateful to you for accepting our invitation and sparing time to deliver lecture/s at our HRDC.

Director

Enclosure 44



Enclosure 45





ISSN- 2582-6255

Dated: 02-02-2022

Journal of
INTEGRATIVE MEDICINE CASE REPORTS

Editor in chief
Akshay Anand

Senior Editor
Sat Bir Singh Khalsa
Usha Nayar
Gurudutta Gangenahalli
Rakesh Biswas
Ashish Bhalla
Rima Dada
Amarjeet Singh
Amy Price
Ante L. Padjen
Burra V L S Prasad
Fatima Al Mansoori

Associate Editor
Jaideep Arya
Amit Singh
Ishwar Chandra

Editorial Board Member
Raghavendra Rao
Ananda Balayogi Bhavanani
Gurmeet Singh
Babita Ghal
Kashinath G Metri
Sanjay Munjal
Pramod Avti
Suraj Khanal
R Vetrivendan
Rajvi H Mehta
Rahul Tyagi
Sudip Bhattacharya
Harpreet Gujral
Sanjib Patra
Amudha Rani
Vinod Srivastava

Ombudsman
Subhash C. Lakhota

To whomsoever it may concern

This is to certify that Dr Rudra Bhandari, University of Patanjali, Haridwar has participated as a commentator in "Biology series for non-biologist" on the topic of "Concept of *Dharana, Dhyan and Samadhī*" organized by Journal of Integrative Medicine Case Reports on 19th October 2020.

Tel.:+ 91 172 2756094,2756090, Fax: 2748399. Mobile
9914209090,E- mail:akshay2anand@gmail.com,www.jimcr.com
Residence : # 102, 1st Floor, Sector 11-A, Chandigarh-160 011



पंजीकरण सं./ Registration No.: CSTT/UOP/01

भारत सरकार / GOVERNMENT OF INDIA

वैज्ञानिक तथा तकनीकी शब्दावली आयोग
Commission for Scientific and Technical Terminology

शिक्षा मंत्रालय/ Ministry of Education

उच्चतर शिक्षा विभाग/ Department of Higher Education

सह संयोजकता प्रमाण-पत्र / CERTIFICATE OF CO-COORDINATION

Dr. Rudra Bhandari

राष्ट्रीय वैब-गोष्ठी का शीर्षक/ Title of the National Webinar:

योग सूत्र एवं इसकी तकनीकी शब्दावली/ Yogsutra & Its Technical Terminology

आयोजक संस्था/ Host Institution

पतंजलि विश्वविद्यालय, हरिद्वार

अवधि / Duration

दिनांक 27 से 31 अगस्त 2020 (10:00 AM - 02:00 PM)

डॉ ब्रजेश कुमार सिंह / Dr Brajesh Kumar Singh
प्रभारी अधिकारी / Officer-in-Charge

प्रोफेसर अवनीश कुमार / Professor Avaniish Kumar
अध्यक्ष / Chairman

दिनांक/ Date: **31 अगस्त 2020**

पश्चिमी खंड-7, रामकृष्णपुरम, नई दिल्ली-110066/ West Block 7, RamaKrishna Puram, New Delhi - 110066



पंजीकरण सं./ Registration No.: CSTT/YOGA/010

भारत सरकार / GOVERNMENT OF INDIA

वैज्ञानिक तथा तकनीकी शब्दावली आयोग

Commission for Scientific and Technical Terminology

मानव संसाधन विकास मंत्रालय / Ministry of Human Resource Development

उच्चतर शिक्षा विभाग / Department of Higher Education

सहभागिता प्रमाण-पत्र / CERTIFICATE OF PARTICIPATION

श्री / सुश्री / डॉ / प्रो / Mr/ Ms / Dr / Prof

Rudra Bhandari

राष्ट्रीय ई-कार्यशाला / वैंब-गोष्ठी का शीर्षक / Title of the National e-Workshop / Webinar

“कोविड-19 के लिए रोग प्रतिरोधक क्षमता विकसित करने एवं इलाज में योग की भूमिका: चुनौतियां”

आयोजक संस्थाएं / Host Institutions

बुन्देलखंड विश्वविद्यालय, झाँसी (उत्तर प्रदेश)

पेट्रोलियम और ऊर्जा अध्ययन विश्वविद्यालय, देहरादून(उत्तराखंड)

अवधि / Duration

दिनांक 21 जून 2020 तक (दोपहर 11:00 - 3:00 तक)

व्याख्यान का शीर्षक / The title of the lecture

Holistic Prescription for Coping with COVID-19

इंजी शिव कुमार चौधरी / Er Shiv Kumar Chaudhary

प्रोफेसर अवनीश कुमार / Professor Avanish Kumar

प्रभारी अधिकारी / Officer-in-Charge

अध्यक्ष / Chairman

दिनांक / Date: 21 जून 2020

पश्चिमी खंड-7, राम कृष्ण पुरम, नई दिल्ली-110066 / West Block 7, Rama Krishna Puram, New Delhi - 110066



Enclosure 50

टी० एण्ड पी० कार्यालय
टी.एच.डी.सी. - आई.एच.ई.टी.
T & P Division
THDC -IHET



टी.एच.डी.सी. हाइड्रोपावर अभियांत्रिकी एवं प्रौद्योगिकी संस्थान, टिहरी
THDC Institute of Hydropower Engineering & Technology, Tehri
(Govt. of Uttarakhand, Affiliated to UTU, Dehradun)
Bhagirathipuram, Tehri Garhwal-249124, Uttarakhand, India
Website:-<https://www.thdcihet.ac.in>, Email:-tpo@thdcihet.ac.in

पत्रांक/Ref.: THDC-IHET/T&P/A054

दिनांक/Date: 07/11/2019

Dr Rudra Bhandari
Assistant Professor
University of Patanjali
Haridwar - 249405
Uttarakhand

Sub: Letter of Appreciation

Dear Sir


Thank you very much for conducting informative and thought provoking sessions as guest speaker / expert during **TEQIP Sponsored Two Days Workshop on Stress Management** from **Nov. 6, 2019 to Nov. 7, 2019** at THDC Institute of Hydropower Engineering and Technology, Tehri.

It is really splendid experience exposed to our students as all the students appreciated and got benefitted from your views and suggestion as to how to deal with stress in life.

Looking forward for your cooperation for adding value to life style of our students in future.

Thank you.

Yours Sincerely,


NOV 7, 2019

Dr Rajani Sharma
Training and Placement Officer / Assistant Professor
Training and Placement Cell
B.Puram, New Tehri

TPO
Training & Placement Cell
THDC- Institute of Hydropower
Engineering & Technology
Tehri Garhwal-249124



**Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan
Haridwar**



**International Seminar
on
Integrated Approach to Autoimmune Disorders
(4th - 6th August, 2019)**

This is to certify that Dr./Mr./Ms. R. B BHANDARI
has participated as Delegate/ Resource person/ Chairperson/
Co-Chairperson/ Presented paper/ Presented poster in the International
Seminar on Integrated Approach To Autoimmune Disorders
(Aayushkaameeya- 19) conducted on 4th to 6th August 2019 organised by
Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar.


Acharya Balkrishna
Patron
Aayushkaameeya- 19


Sh. Lalit Mohan
Chairman
Aayushkaameeya- 19


Dr. D.N. Sharma
Co-Chairman
Aayushkaameeya- 19

CERTIFICATE

Patanjali Yogpeeth, Haridwar-249405
Web: www.pac.divyayoga.com
Email: pacoffice@divyayoga.com

Prof. Zamirullah Khan
Chairperson



Internal : Ext. 3070 (O), 3071 (C)
Mob. No. : 09411465571
E-mail : chairperson.pe2015@gmail.com

DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH-202002(INDIA)

Ref. No.: 1963/P.E

Dated: 15/06/2019

Dr. R. B. Bhandari
Assistant Professor,
University of Patanjali, Patanjali Yogpeeth-1,
Haridwar (UK)


Subject: Letter of Appreciation.

Dear Sir,

The Department of Physical Education, Aligarh Muslim University, Aligarh convey deep regard and thanks for delivering an informative and thought provoking lecture as a Guest Speaker on “**Workplace Wellness and Excellence through Yoga**” held on 15th June, 2019 at Department of Physical Education, AMU, Aligarh in celebration of International Day of Yoga.

It was really a splendid presentation which was enjoyed by all the audience.

We are looking forward for your cooperation in near future with Department of Physical Education.


(Prof. Zamirullah Khan)
Chairperson
Chairperson
Deptt. of Physical Education
A.M.U., Aligarh







 원광디지털대학교 WONKWANG DIGITAL UNIVERSITY	 पतंजलि विश्वविद्यालय UNIVERSITY OF PATANJALI			
<p>INTERNATIONAL WORKSHOP ON YOGA SCIENCE <i>for</i> WONKWANG DIGITAL UNIVERSITY, SOUTH KOREA</p> <p><i>Certificate of Appreciation</i></p> <p>We appreciate</p> <p><i>Ms./Mr./Dr./Prof.</i>..... RUDRA BHANDARI.....</p> <p>of <i>University of Patanjali, Haridwar</i>..... as <i>Guest Lecturer</i>..... for</p> <p>his/her dedication in work for International Workshop on Yoga Science held at Department of Yoga Science, University of Patanjali, Haridwar (India) from 31st January - 3rd February 2018.</p> <table border="0" style="width: 100%;"><tr><td style="text-align: center;"> Dr. Nideesh Kumar Yadav Organising Secretary</td><td style="text-align: center;"></td><td style="text-align: center;"> Dr. V. Kulwant Pro-Vice Chancellor</td></tr></table> <p style="text-align: center;"><i>Organised by Department of Yoga Science, University of Patanjali, Haridwar</i></p>		 Dr. Nideesh Kumar Yadav Organising Secretary		 Dr. V. Kulwant Pro-Vice Chancellor
 Dr. Nideesh Kumar Yadav Organising Secretary		 Dr. V. Kulwant Pro-Vice Chancellor		



International Conference on Yoga Tradition and Application

2nd December 2017
ICCR Azad Bhawan Auditorium, ITO, New Delhi

This is to certify that Dr./Smt./Shri.....*Dr. Rudra Bhandari*.....
of.....*Potanjali University*.....
participated as a Keynote speaker / invited speaker / chairperson / co-chairperson
in the
International Conference
on
Yoga Tradition and Application at New Delhi.
He / she has presented a scholarly lecture / paper on the
Topic.....
.....

Yogi Jayadevan
President

M.V. Bhole
Dr. M.V. Bhole
MD, Ph.D

Vikram Singh
Dr Vikram Singh
Convener

Incredible India
atithi devo bhava



UNIVERSAL YOGA CONSCIOUSNESS

Head office : Yoga Bhavan, Opp. Industrial Estate, Ekkanda warrier road,
P.O. Ollur, Thrissur, Kerala, India - 680 306,
Mob: 9447774143, Email : yogijayadev@yahoo.com





PATANJALI FOOD & HERBAL PARK PVT. LTD.

Regd. Office : Plot No.-D-38, Industrial Area, Haridwar-249401 (U.K.)
Phone No. : 01334-222145 Fax No. : 01334- 265370
E-mail ID : megafoodpark@gmail.com

Ref. :

Date : 29.12.2011

To Whom It May Concern

This is to certify that Mr. Rudra Bhandari, an Assistant Professor, University of Patanjali, Haridwar, successfully facilitated the 45-Day Spiritual Yoga Training (November 5 December 22, 2011) among 72 participants from different departments, sections and units of Patanjali Food and Herbal Park and Patanjali Ayurved Limited to boost individual/organizational wellness and excellence.

During the training, he beautifully instilled pragmatic yogic/spiritual tips (somatic, mental, emotional and spiritual) for holistic health promotion, healing, instant energy generation and relaxation, work-life balance, effective leadership and cultivating healthy behaviors.

The program was highly appreciated by the participants and found supportive to promote corporate wellness and excellence as expected. I wish him all success for the advocacy of corporate yoga and its emerging relevance.

(S.K. Patra)

CEO

Enclosure 59



How to Get Published webinar - Mentorship

1 message

Author Events <AuthorEvents@sagepub.co.uk>

Tue, 30 Aug 2022 at 15:23

Hello,

Thank you very much for joining us for our *How to Get Published – Mentorship* webinar last week!

As promised, I'm attaching the slide deck we used in the presentation and a certificate of attendance. You can also find the recording [here](#). Our speakers have also recommended a few further resources, which you can check out here:


<https://www.methodspace.com/blog/mentoring-academic-researchers-and-writers>

<https://uk.sagepub.com/en-gb/eur/your-super-quick-guide-to-learning-online/book276275>

We hope you have found the webinar informative, and if you'd like to join us next month for a Peer Review webinar, you can register [here](#).

Best wishes,

Maria

Rudra Bhandari <uop.rudra@gmail.com>

Journal Citation Reports (JCR) Certification Series 2022 Training Material

Subhasree Nag <Subhasree.Nag@clarivate.com>
To: Subhasree Nag <Subhasree.Nag@clarivate.com>Sun, Jul 24, 2022 at 9:48 AM

Dear Participant:

Greetings from Clarivate!

Thank you for being attending the [Journal Citation Reports \(JCR\) Certification Series 2022](#). Please find attached the relevant training material along with helpful links.

- The [JCR 2022 launch blog](#) by Chief Editor, Dr. Nandita Quaderi.

- Click on <https://mjil.clarivate.com/search-results> to view the list of journals included in JCR 2022.

- Click on [Clarivate Suppression Policy](#) to understand why certain journals are suppressed. The JCR monitors and excludes journals that demonstrate anomalous citation behavior including where there is evidence of excessive journal self-citation and citation stacking. Please refer to the [2022 reference guide](#) for more information.

- In addition, an [Editorial Expression of Concern](#) has been issued for 15 journals with one or more published items with an atypically high-value contribution to the JIF numerator and a pattern of journal citations disproportionately concentrated into the JIF numerator. Clarivate will continue to review content of this type with the goal of developing additional screening for distortions of the Journal Impact Factor.

- Please note that Web of Science does not depend on the Journal Impact Factor alone in assessing the usefulness of a journal, and neither should anyone else. Please refer to the new indicator [Journal Citation Indicator](#) launched in 2021 to complement your analysis of journal impact.

- The Journal Impact Factor should not be used without careful attention to the many phenomena that influence citation rates – for example the average number of references cited in the average article.


- The Journal Impact Factor should be used with informed peer review.

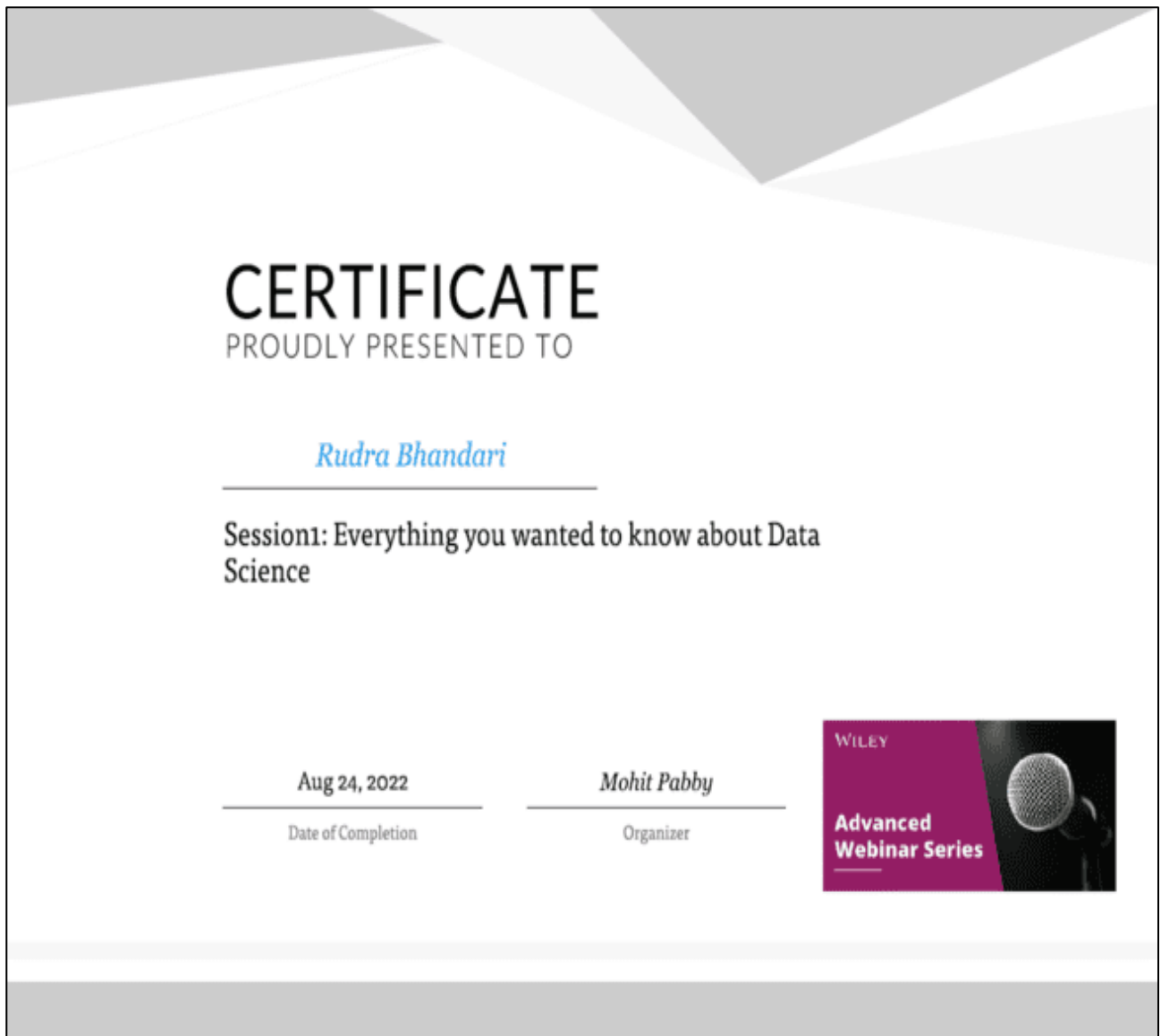
- Journal Citation Reports now includes more article-level data to provide a clearer understanding of the reciprocal relationship between the article and the journal. This level of transparency allows you to not only see the data, but also see through the data to a more nuanced consideration of journal value.

We hope this training series has been helpful to you for informing your publication and collection development decisions. **We will send the quiz link out shortly.**

Best regards,

Subhasree Nag, PhD (On Behalf of Team Clarivate)





Certificate of completion

This certificate is awarded to

Prof. Rudra Bhandari

for successfully completing the

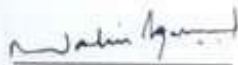
**GOOD CLINICAL PRACTICE (GCP) TRAINING & BASIC COURSE ON
BIOMEDICAL RESEARCH FOR ETHICS COMMITTEE MEMBERS,
INVESTIGATORS, CLINICAL RESEARCH / TRIAL MEMBERS**

This training covered the New Drugs and Clinical Trials Rules (CDSCO, 2019),
Good Clinical Practice (CDSCO, 2019; ICH E6 (R2), 2016),

Roles and responsibilities of all stake holders in clinical research, quality management in
clinical research, National Ethical Guidelines for Biomedical & Health Research involving
Human Participants (ICMR, 2017), Best practices for Ethics Committee, and
Ethics Committee accreditation.

Date : July 31, 2022

Certificate ID : MQT/Ethics/2022/034/063



Dr. Nalin Agarwal
Course Director

Program delivered by



www.myqualityteam.com

info@qualityteam.com

Enclosure 63



Enclosure 64

From : Dr Amit Srivastava <directorstdc@aicte-india.org>

Sat, Jan 29, 2022 08:27 AM

Subject : Online Interaction with Vice Chancellors on their feedback on Vidyanjali Higher Education Programme of Ministry of Education, Govt of India- 1st February 2022 - 11.30 AM to 12.30 NOON- Reg

1 attachment

Respected Madam/Sir

Greetings from AICTE, New Delhi.

It is informed that the Ministry of Education (MOE) is going to launch Vidyanjali (Higher Education) Volunteer programme with the aim to strengthen Support to the Students, Faculties & Institutions of Higher Education through Volunteerism. This initiative will connect Higher Education Institutes with varied volunteers namely young professionals, retired / working teachers, retired / working Government officials, professionals, students of UG, PG & PhD level, Corporates, NGOs and many others towards providing Academic Support, Sponsoring Support and Infrastructure Support.

AICTE is organizing an interaction with Hon'ble Vice Chancellors of universities across India on their feedback on the Vidyanjali Higher Education Volunteer Programme on 1st February 2022 between 11.30 AM to 12.30 AM. Prof M P Poonia, Hon'ble Vice Chairman, AICTE will chair the session.

In the light of the above we request for your participation or nominating senior university functionaries for the online meeting. The details of the same may kindly be shared in the below form by 3 PM on 31st January 2022 (Monday) so that AICTE shares the webex link for the meeting.

<https://forms.gle/oEm7G3exSRsFxPkw8>

We are also sharing a copy of the draft scheme guidelines for your kind perusal pl. The online portal is already live for the registration of the institutions and volunteers on it and more than 18000 volunteers are already part of this noble initiative.

<https://vidyanjali-he.education.gov.in/>

We look forward to your kind participation in the online meeting pl.

सादर धन्यवाद / With Kind Regards

डॉ अमित कुमार श्रीवास्तव / Dr Amit Kumar Srivastava

निदेशक / Director

छात्र विकास प्रकोष्ठ / Student Development Cell (SiDC)

अखिल भारतीय तकनीकी शिक्षा परिषद / All India Council for Technical Education (AICTE)

नेल्सन मंडेला रोड / Nelson Mandela Road

वसंत कुंज, नई दिल्ली / Vasant Kunj, New Delhi

PIN: 110070

दूरभाष / Phone 011-29581117

डॉ. अमित श्रीवास्तव
निदेशक, अखिल भारतीय तकनीकी शिक्षा परिषद
म.प.पू. 29/01/22

Enclosure 65



Enclosure 66



Enclosure 67



Enclosure 68





भारत सरकार
मानव संसाधन विकास मंत्रालय
उच्चतर शिक्षा विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF HIGHER EDUCATION
SHASTRI BHAVAN
NEW DELHI-110 115

F. No. 10-4/2014-Stat.

Dated: 8th June, 2018

CERTIFICATE

This is to certify that...Dr...R..B..BHANDARI, Assistant Professor, University of Patanjali, Haridwar, Uttarakhand, has attended Regional Workshop organised by Ministry of Human Resource Development on All India Survey on Higher Education (AISHE) 2017-18 on 8th June, 2018 for the States of Chandigarh, Punjab, Haryana, Himachal Pradesh, Jammu & Kashmir and Uttarakhand at ICSSR Complex, Punjab University, Chandigarh.

He/She has not been paid any TA/DA from this office.

Rajkumar
Director
Email: raj.kumar1965@nic.in
Tel: 011-26162917



Enclosure 70



Enclosure 71



