

Continual faculty and scholars' involvement on applied research for transformation:

University of Patanjali has brought transformation in the lives of individuals and society by fostering the outcomes of applied research.

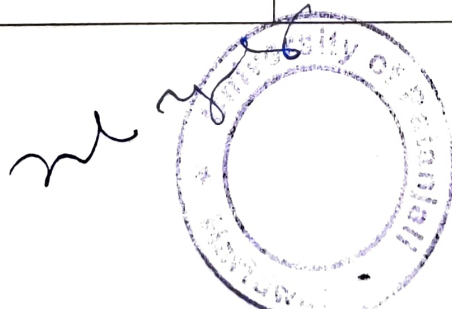
Our research scholars and faculties have been actively involved in conducting yoga sessions for people under various age categories.

Special attention has been given for:

- Covid-19 Patients
- Old Aged persons
- Pregnant women
- School-going children
- Persons with Disability
- Adolescents
- College going students

Some of the Research activities centered towards such transformation are:

Research Topic	Focused section of Society	Researcher(s)
Randomized placebo-controlled pilot clinical trial on the efficacy of ayurvedic treatment regime on COVID-19 positive patients	Covid-19 Patients	Ganpat Devpura, Balvir S Tomar, Deepak Nathiya, Abhishek Sharma, Deepak Bhandari, Swati Halder, Acharya Balkrishna, Anurag Varshney
Influence of Patient-Reported Treatment Satisfaction on Psychological Health and Quality of Life Among Patients Receiving Divya-Swasari-Coronil-Kit Against COVID-19: Findings from a Cross-Sectional	Covid-19 Patients	A Balkrishna, P Raj, P Singh, A Varshney
Effect of OM chanting on mental health in aged people	Old Aged persons	V Gaur
A study on the effect of yoga practices on the level of anxiety among college students	College going students	N Singh, S Singh



Short Communication Yoga Practice in a School Setting Positively Impacts Self-esteem: A 13 Month Follow-up Study	School-going children	AK Bhardwaj, S Telles
Changes in different aspects of mental health in patients with SCI following specialized Yoga Programme	Persons with Disability	Pooja, AK Bhardwaj
Sustained improvement in self-esteem in children after 13 months of unsupervised yoga practice	School-going children	AK Bhardwaj, N Singh, A Balkrishna, S Telles
Twelve weeks of yoga or nutritional advice for centrally obese adult females	Adult Females	S Telles, SK Sharma, N Kala, S Pal, RK Gupta, A Balkrishna
Mental-Immunity (A Psychological Layer of Protection against Mental Illness) in Male Adolescents Following 8-Weeks of PragyayogSadhana: A Randomized Controlled Study. I	Adolescents	AK Bhardwaj

