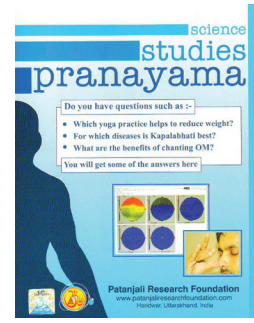
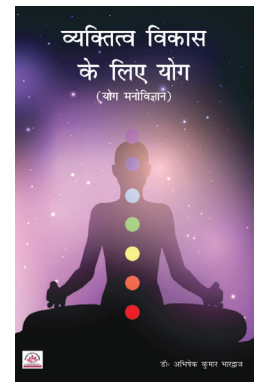


Other Publications by the Editor

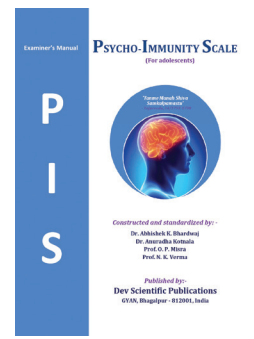
Book title: Science Studies Pranayama
Authors: Shirley Telles, Abhishek K. Bhardwaj & Nilkamal Singh
ISBN: 978-93-85721-43-4
Publisher: Divya Prakashan, Patanjali Yogpeeth, Haridwar
Publication year: 2011, 2017 (Revised)



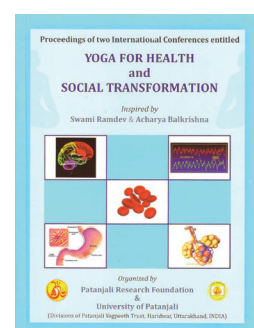
Book title: *Vyaktitwa Vikas ke liye Yog (Yoga for Personality Development)*
Author: Abhishek K. Bhardwaj
ISBN: 978-81-951347-6-2
Publisher: Indian Yoga Association PrCB, New Delhi and Unisec Publications, New Delhi
Publication year: 2021



Manual title: Psycho-Immunity Scale (PIS) for Adolescents
Construction by: Abhishek K. Bhardwaj, Anuradha Kotnala, O. P. Misra & N. K. Verma
Publisher: Dev Scientific Publication, Bhagalpur
Publication year: 2016




Proceedings title: International Conferences entitled "Yoga for Health and Social Transformation" [Held in 2011 & 2013]
Edited by: Shirley Telles & Abhishek K. Bhardwaj
ISBN: 978-93-85721-45-8
Publisher: Divya Prakashan, Patanjali Yogpeeth, Haridwar
Publication year: 2017




Mind-body practices are popular across the globe for its health benefits. This book offers a systematic presentation of the mechanism, evidence-based benefits, contraindications and other relevant informations about the following mind-body practices:

- Yoga therapy
- Shatkarma (Cleansing practices)
- Music therapy
- Mudra and bandha
- Mindfulness-based programs
- Meditation
- Hypnotherapy
- Guided imagery
- Chiropractic technique &
- Acupressure

**CROSSBILL PUBLISHING CO.**
C-59, Okhla Industrial Area Phase-I, New Delhi - 110020
Tel: +91-11-41059990, 40526780; Fax: +91-11-41089990
Email: info@crossbillpublishing.com
Web: www.crossbillpublishing.com

₹ 1112.00

ISBN: 978-93-82297-64-2



MIND-BODY PRACTICES

Dr. Abhishek K. Bhardwaj

CROSSBILL

Evidence Based

MIND BODY PRACTICES



Editor Abhishek K. Bhardwaj, PhD

About the Editor

Dr. Abhishek K. Bhardwaj
PhD (Clinical Psychology)
Assistant Professor
Department of Psychology
University of Patanjali
Haridwar, India
devineup@gmail.com



Dr. Abhishek K. Bhardwaj completed his Post graduation and PhD in Clinical Psychology. He was awarded Doctorate in the auspicious presence of Late Pranab Mukherjee, the President of India at that time. He has also completed master's degree in Yoga & Holistic Health and qualified UGC-NET in yoga. He is practicing Complementary and Alternative Medicine (CAM) from last 15 years.

Being an avid researcher in the field of Yoga/CAM and mental health, he served as Scientist-C in 'Patanjali Research Foundation' (PRF), Haridwar from 2010 to 2017. He was actively involved in seven health related projects including two Randomized Controlled Trials.

At present, Dr. Bhardwaj is working as Assistant Professor in the Department of Psychology, at the University of Patanjali, Haridwar. His areas of specializations are Research methods, Psychometrics, Clinical psychology and Yoga psychology. Four scholars are pursuing their PhDs in his supervision in the area of yoga and mental health at present. Apart from this, he is a member of editorial and review board in many national/ international journals.

He is the author of the well appreciated book 'Science Studies Pranayama' and 'Yoga for Personality Development'. He created the first ever scale for measuring 'Psycho-Immunity'. Apart from this, he has also published more than 40 research papers/articles in reputed peer-reviewed journals indexed in databases such as PubMed, Medline, Scopus etc.

He also gave training to primary school teachers, Army personnel and other participants in a nationwide obesity movement started by Revered Swami Ramdev Ji and Respected Acharya Balkrishna Ji.