

व्यक्तित्व विकास के लिए योग (योग मनोविज्ञान)



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About the Author

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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. Apart from this, he is a certified Acupressure therapist and Pranic healer as well. Dr. Bhardwaj has conducted numerous holistic health training programs in schools, colleges and in prisons. 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'. 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. Due to his great accomplishments, Dr. Bhardwaj is highly sought after for giving lectures in national workshops/ webinar/ training program in various Government and Non-Government Organizations.

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