

Curriculum Vitae



Dr. Arti Yadav

[B.Sc. (Biology), M.Sc. (Yoga), MA(Psychology), UGC NET (Yoga),
PhD (Yogic Sciences and Holistic Health)]
Assistant Professor, Department of Yoga Science

Additional Responsibilities:

Course Coordinator B.Sc. (Yoga Science), Member of Discipline Committee,
University of Patanjali, Haridwar, Uttarakhand – 249405.

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Mobile: +91-9557710802

Areas of Interest:

Research Project Writing and Collaboration
Yoga Therapy and Mental Well-being
Meditation and Holistic Health
Cognitive-Behavioral Modifications

Courses Teaching:

Yoga Therapy, Research Methodology and Statistics, Physiological effects of Hatha Yoga, Applied Yoga, Naturopathy, Yogic Diet and Nutrition, Teaching Methodology and Value Education, Yoga Psychology.

Work Experience

1. **Department of Yoga Science, University of Patanjali, Bahadradab, Haridwar, Uttarakhand, INDIA (01 October 2018 – till now)**
 - i. Working as an “Assistant Professor” for Yoga Therapy, Research Methodology & Statistics, Naturopathy and Teaching Methods for Bachelors and Master’s Degree Program
 - ii. Supervising 4 Ph.D. Scholars of (University of Patanjali) in their research.
 - iii. Co-Supervising 2 Ph.D. Scholars of (Lakshmi Bai National Institute of Physical Education, Gwalior, MP) in their research
 - iv. **Team member** for Prospectus Committee, Discipline and NEP.
 - v. Additional Responsibility: **Course Coordinator B.Sc. Yoga Science** University of Patanjali, Haridwar, Uttarakhand – 249405 since January 2022 – July 2023.
 - vi. **RAC Member** for the PhD Students.
 - vii. **BOS Member** as an expert for designing the academic and practical curriculum for the Department of Yoga Science.
 - viii. **Lead Examiner in YCB (Yoga Certification Board).**
2. **Department of Research, Patanjali Research Foundation Trust, Bahadradab, Haridwar, Uttarakhand, INDIA (December 2009 –April 2015).**
 - i. Worked as a “Scientist C” under Patanjali Research Foundation Trust.
 - ii. Data collection, Analysis of Data, Review of Literature, Report Writing,
 - iii. Project writing and collaboration for various funding agencies.
 - iv. Weekly Yoga and Mindfulness session for the students and teachers.

Education Qualification

a) Doctor of Philosophy (Ph.D.) Yogic Sciences and Holistic Health

Registered on 15th Nov, 2015; Submitted on 01st March, 2018

Awarded on 18th October, 2018

Institute: Jain Vishva Bharti Institute, Ladnun, Rajasthan, INDIA.

Thesis Title: *Modulation of Psycho-Physiological immunity through Yoga-Preksha meditation in college going girls.*

Guide: Dr. Vivek Maheshwari (P.hD.)

b) UGC NET (Yoga) (Passed)

University Grant Commission, INDIA. Year: 2017

c) Master of Arts (M.A.) Psychology (79.00%)

University: Uttarakhand Open University, Uttarakhand, INDIA. Year: 2014-2016.

d) Master of Science (M.Sc.) Yogic Sciences and Holistic Health (68.00%)

University: Dev Sanskriti Vishwavidyalaya, Shantikunj, Haridwar, Uttarakhand, INDIA. Year: 2007 – 2009

e) Bachelor of Science (B.Sc.) Biology (58.00%)

University: Mahatma Jyotiba Phule Rohilkhand University, Bareilly, UP. Year: 2004-2007

Major: Anatomy and Physiology

f) Senior Secondary School Examination (62.00%)

Murti Devi Kanya Inter College, Najibabad, UP, INDIA (UP BOARD) Year: 2003-2004

English Core, Hindi Core, Physics, Chemistry, Biology, Work Experience, Physical and Health Education, General Studies.

g) Secondary School Examination (62.00%)

Murti Devi Kanya Inter College, Najibabad, UP, INDIA (UP BOARD) Year: 2002-2003

English Course-A; Hindi Course-A, Mathematics, Science with practical, Social Science.

Publications

A. RESEARCH PAPERS PUBLISHED IN INDEXED JOURNALS:

1. Kumar, A., Sahu, M., **Yadav, A., *** (2023). Effect of Yoga Nidra and Bhramari Pranayama on Psychological Variables of Pregnant Women. *European Chemical Bulletin*, Vol 12, 16207-16219, E-ISSN- 2063-5346. **Impact factor-1.6. Indexed in Scopus.**
2. Devi, P., **Yadav, A., *** (2023). विद्यार्थियों की एकाग्रता एवं निद्रा पर अधिक स्मार्टफोन प्रयोग का प्रभाव (एक समीक्षात्मक अध्ययन) . *Recent Educational & Psychological Researches*. Vol 12, 40-44. ISSN 2278-5949. **Peer Reviewed Journal.**
3. Devi, P., **Yadav, A., *** (2023). Effect of Yoga, Asanas & Pranayama on Quality of Sleep and Concentration. *RECENT EDUCATIONAL & PSYCHOLOGICAL RESEARCHES*. Vol 10, 43-48. ISSN 2348-3318. **Peer Reviewed Journal.**
4. Verma, S., **Yadav, A., *** Bhardwaj, A. (2023). Changes in Visual Discomfort Following Yoga among Children Attending Online Classes during COVID-19. *Journal of Psychiatric Nursing*. Vol 12, 51-55. E-ISSN 2455-8397. **Peer Reviewed Journal.**

5. **Yadav, A., * Bhardwaj, A. (2023).** Effect of Yoga-Preksha Meditation on Emotional Maturity in College Girls. *Journal of Psychiatric Nursing*. Vol 12, 51-55. E-ISSN 2455-8397. **Peer Reviewed Journal.**
6. Kumari, A., **Yadav, A., *& Pal, A. (2022).** Is Neurogenesis happening. *Journal of ReAttach Therapy and Developmental Diversities*. 5, 229-234. E-ISSN 2589-7799. **Impact factor-0.57. Indexed in Scopus.**
7. Kumari, A., Neeraj., **Yadav, A., * & Pal, A. (2022).** To Understand Yoga's effects on reverse aging in terms of telomere length and telomerase activity: A narrative review. *International Journal of Health Sciences*, 6(S3). **Impact factor-2.96. Indexed in Scopus.**
8. **Yadav, A., Verma, S., Panwar, M., & Yadav, N. K. (2022).** Role of Yoga practices on cognitive functions: A review. *International Journal of Health Sciences*, 6(S3), 3288–3304. <https://doi.org/10.53730/ijhs.v6nS3.6341>. **Impact factor-2.96. Indexed in Scopus.**
9. Yadav, K., **Yadav, A., Singh, K. (2022).** Systematic Review on Yoga and Attention: A review. *Yoga Mimansa (The Scientific Journal of Yoga)*. **ISSN - Print: 0044-0507, Online: 2394-2487. Indexed in UGC care list.**
10. Yadav, K., & **Yadav, A. (2022)** Yoga for Cognitive Functions: A Review. *International Journal of Yoga and Allied Sciences*. 139-144. <http://indianyoga.org/wp-content/uploads/2022/10/v11-issue2-article7.pdf> E-ISSN 2278-5159 **Indexed in UGC Care List.**
11. Verma, S., **Yadav, A., Bhardwaj, A., (2022).** Effect of Yoga on Visual discomfort among children attending online classes during COVID 19: A review. *Anvesak: UGC Care Group 1 Journal: ISSN: 0378 – 4568, Vol. 52, No.1(III).* **Indexed in UGC Care List**
12. Yadav, N.K., **Yadav, A., and Singh, D.P. (2020).** Effect of Yajna on Total Lung Capacity & Biological Lung Age. *Gurukul Shodh Bharati*, Volume 26-32, 166-173. **Indexed in UGC care list.**
13. Maheshwari, V., and **Yadav, A. (2018).** Effect of Yoga-Preksha Meditation on Adjustment among College Going Girls. *International Journal of Yoga and Allied Science*, 7(1):45-51.
14. Telles, S., Gupta, R. K., **Yadav, A., Pathak, S., and Balkrishna, A. (2017).** Hemisphere specific EEG related to alternate nostril yoga breathing. *BMC Research Notes*, 10:306. <https://doi.org/10.1186/s13104-017-2625-6>. **Impact Factor-1.66. Indexed in Springer.**
15. Telles, S., Sharma, S., **Yadav, A., Singh, N., and Balkrishna, A. (2014).** Immediate changes in muscle strength and motor speed following yoga breathing. *Indian Journal of Physiology and Pharmacology*, 58(1):22-29 **Impact Factor-0.13 Indexed in Springer Indexed in Scopus.**
16. Telles, S., **Yadav, A., Kumar, S., Sharma, S., Naveen, K.V., and Balkrishna, A. (2013).** Blood pressure and purdue pegboard scores in hypertensives after alternate nostril breathing, breath awareness, and no intervention. *Medical Science Monitor*, 19: 61-66 **Impact Factor-3.38. Indexed in JCR Clarivate, PubMed, PubMed PMC, EMBASE, and Scopus.**
17. Telles, S., **Yadav, A., Gupta, R. K., and Balkrishna, A. (2013).** Reaction time following yoga bellows type breathing and breath awareness, *Perceptual and Motor Skills*, 117(4):1-10. **Impact Factor-2.37. Indexed in Social Sciences Citation Index and MEDLINE.**

18. Telles, S., Yadav, A., Sharma, S., and Balkrishna, A. (2013). Body composition, lipid profile and adipokines as predictors of the waist circumference in overweight and obese adults. *Medical Science Monitor*, 19:571-578 **Impact Factor-3.38. Indexed in JCR Clarivate, PubMed, PubMed PMC, EMBASE, and Scopus.**
19. Telles, S., Yadav, A., Bhardwaj, A. K., Sharma, S., and Singh, N. (2013). Patanjali Yogpeeth, Haridwar: An Ayurveda center which includes treatment, research and education, *Journal of Ayurveda and Integrative Medicine*, 4(2):120-122, **Impact Factor-2.6. Indexed in Web of Science PubMed/Medline, Scopus, Embase, Emerging Sources Citation Index (ESCI), CAB International, Directory of Open Access Journals (DOAJ).**
20. Telles, S., Yadav, A., Bhardwaj, A. K., and Singh, N. (2013). A review of the effect of yoga, ayurveda and tai chi on depression in older adults, *India Journal of Ancient Medicine and Yoga*, 6(4):41-48. **Impact Factor-6.39. Indexed in Web of Science PubMed and Scopus.**
21. Telles, S., Singh, N., Yadav, A., and Balkrishna, A. (2012). Effect of Yoga on Different Aspects of Mental Health: *Indian Journal of Physiology and Pharmacology*, 56(3): 245-254. **Impact Factor-0.13 Indexed in Springer Indexed in Scopus.**

B. CHAPTER'S IN BOOK:

- **Yadav, A.** and Bhardwaj, A.K. (2022). Bhartiye Sanskriti ki Dharohar: Yog evam Ayurveda. In Sakta, K., and Nodiyal, M. (Eds.). *Bhartiye Sankriti ke Vivdh Ayavama*. Mukund Publication, Delhi. **ISBN No. 978-93-92023-1.**
- Telles, S., Sharma, S.K., **Yadav, A.**, Balkrishna, A. (2015). Ayurveda for healthy aging and health-related conditions. In: H. Lavretsky, M. Sajatovic, and C. F. Reynolds III (eds) *Complementary, Alternative, and Integrative Interventions for Mental Health and Aging*, U.K.: Oxford University Press.
- Telles, S., Singh, N., **Yadav, A.**, and Balkrishna, A. (2015). Yoga as an integrative intervention in healthy aging and age-related disorders. In: H. Lavretsky, M. Sajatovic, and C. F. Reynolds III (eds) *Complementary, Alternative, and Integrative Interventions for Mental Health and Aging*, U.K.: Oxford University Press.



C. PRESENTATION IN INTERNATIONAL AND NATIONAL CONFERENCE/ SYMPOSIUM/ SEMINAR:

1. Participated and presented paper on “**Effect of Yoga-Preksha Meditation on emotional maturity in College Going Girls**” in International conference on innovative pedagogical approaches for integration of physical education and yogic sciences in teacher education, organized by DAV University, Jalandhar in association with department of physical education and department of education dated 21-22 June 2021.
2. “**Body composition, lipid profile and adipokines as predictors of the waist circumference in overweight and obese adults**” presented (in poster session) at the 59th Annual Conference of The Association of Physiologists and Pharmacologists of India (APPI) held at NIMHANS Bangalore, India during 27-30 November, 2013.

3. **“Effect of a yoga and a walking program on anthropometric measures in obese persons”** presented (in poster session) at the Second International Conference on ‘Yoga for health and social transformation’ held at University of Patanjali, Haridwar, India during 7-10 January, 2013.
4. **“Blood pressure and Purdue pegboard scores in individuals with hypertension after alternate nostril breathing, breath awareness, and no intervention”** presented (in poster session) at the 58th Annual Conference of The Association of Physiologists and Pharmacologists of India (APPI) held at Subharti & LLRM Medical College, Meerut, India during 18-20 December, 2012.
5. **“Reaction time following yoga bellows type breathing and breath awareness”** presented (in poster session) at the First International Conference on ‘Yoga, Naturopathy and Arogya Expo-2012’ held at Bengaluru, Karnataka, India during 9-13 February, 2012.
6. **“Effect of yoga versus no-intervention on different aspects of mental health”** presented (in poster session) at the 57th Annual Conference of The Association of Physiologists and Pharmacologists of India (APPI) held at Department of Physiology, All India Institute of Medical Sciences, AIIMS, New Delhi during 13-17 December, 2011.
7. **“Effect of yoga breathing on time domain heart rate variability (HRV) and respiration”** presented at the First International Conference on ‘Yoga for health and social transformation’ held at University of Patanjali, Haridwar, India during 2-5 January, 2011.

D. PROJECT/ DISSERTATION:

1. Dissertation on **“Effect of surya namaskar & yoga nidra on stress level among college student”** in Dev Sanskriti University, Haridwar, during M.Sc (final year, 2009).
2. A research on **‘Acute changes in muscle strength and motor speed following high frequency yoga breathing** has completed in Patanjali Research Foundation, Patanjali yogpeeth, Haridwar (2010).
3. A research on **‘Reaction time following yoga bellows type breathing and breath awareness’** has completed in Patanjali Research Foundation, Patanjali yogpeeth, Haridwar (2011).
4. A research on **‘A comparative controlled trial comparing the effects of yoga and walking for overweight and obese adults’** has completed in Patanjali Research Foundation, Patanjali yogpeeth, Haridwar (2012).
5. A research on **‘Blood pressure and purdue pegboard scores in hypertensives after alternate nostril breathing, breath awareness, and no intervention’** has completed in Patanjali Research Foundation, Patanjali yogpeeth, Haridwar (2012).
6. A research on **‘Yoga and movement in older people’** is going on project in Patanjali Research Foundation, Patanjali yogpeeth, Haridwar (2014).
7. A research on **‘Effect of anulom-vilom pranayama on electric activity of the brain’** is going on project in Patanjali Research Foundation, Patanjali yogpeeth, Haridwar (2015).

E. ABSTRACTS PUBLISHED IN PUB MED INDEXED JOURNAL:

1. **Arti Yadav**, Shirley Telles, Sachin Kumar Sharma and Acharya Balkrishna (2013). Body composition, lipid profile and adipokines as predictors of the waist circumference in overweight and obese adults. *Indian*

Journal of Physiology and Pharmacology, 57 (5, supplement, p35) [APPICON 2013 (Abs.CA); ISSN 0019-5499]

2. Sachin Kumar Sharma, Shirley Telles, **Arti Yadav**, and Acharya Balkrishna (2013). Effect of a yoga and a walking program on adipokines in the obese: a randomized controlled trial. *Indian Journal of Physiology and Pharmacology*, 57 (5, supplement, p259) [APPICON 2013 (Abs.CA); ISSN 0019-5499]
3. **Arti Yadav**, Shirley Telles, Nilima Kumar, Sachin Sharma, Naveen K. Visweswaraiiah and Acharya Balkrishna (2012). Blood pressure and purdue pegboard scores in individuals with hypertension after alternate nostril breathing, breath awareness, and no intervention. *Indian Journal of Physiology and Pharmacology*, 56 (5, supplement, p106) [APPICON 2012 (Abs.OT); ISSN 0019-5499]
4. Prabhat Mishra, Shirley Telles, **Arti Yadav**, Sachin Kumar Sharma and Acharya Balkrishna (2012). Effect of yoga and walking program on self rated body image in obese persons. . *Indian Journal of Physiology and Pharmacology*, 56 (5, supplement, p109) [APPICON 2012 (Abs.OT); ISSN 0019-5499]
5. Sachin Kumar Sharma, Shirley Telles, **Arti Yadav**, Nilkamal Singh and Acharya Balkrishna (2012). Immediate effect of high frequency yoga breathing on muscle strength and motor speed. *Indian Journal of Physiology and Pharmacology*, 56 (5, supplement, p111) [APPICON 2012 (Abs.OT); ISSN 0019-5499]
6. **Arti Yadav**, Shirley Telles, Nilkamal Singh and Acharya Balkrishna (2011). Effect of yoga versus no-intervention on different aspects of mental health. *Indian Journal of Physiology and Pharmacology*, 55 (5, supplement, p58) [APPICON 2011 (Abs.OT); ISSN 0019-5499]

F. RESEARCH BASED ARTICLES PUBLISHED IN MAGAZINE:

1. “Yoga and healthy aging” in *Yog Sandesh* (February, 2015, page 28), Patanjali Yogpeeth, Haridwar.
2. ‘Effect of Yoga on Obesity’ in *Yog Sandesh* (March, 2012, pages 14-16), Patanjali Yogpeeth, Haridwar.

G. GOVERNMENT PROJECT COMPLETED:

1. I have completed a Govt. funded project entitled “**A comparative controlled trial comparing the effects of yoga and walking for overweight and obese adults**” by CCRYN, Department of AYUSH, Ministry of Health and Family Welfare, Government of India (2010-2012).

Professional Trainings and Skills Learned

a) YOGA PROFESSIONAL TRAINING:

- ❖ Attended Twenty-Eight days ‘**Human Resource Development Centre**’ training on “**UGC Sponsored Orientation Programme**” at Deen Dayal Upadhyay Gorakhpur University, Gorakhpur during January 15th to February 11th, 2019.
- ❖ Attended Six days training on “**Continuing Medical Education Program on Yoga**” at Department of Yogic Science, Faculty of Medical Science and Health, Gurukula Kangri Vishwavidyalaya, Haridwar, Sponsored by “**Rashtriya Ayurveda Vidyapeeth, Ministry of AYUSH, Govt. of India**, during March 26th to March 31th, 2018.
- Attended Two days programme on “**Capacity Building Harmonization of Yoga Examiners**” organized by **Indian Yoga Association** during 31ST October to 1ST November, 2017.

b) SKILLS LEARNED:

Application of Tests: -

- a) Yogic Therapy for Mental Disorder & Stress Management.
- b) Acupressure Therapy for common complaints.
- c) Psychological Therapy.
- d) Microsoft office (MS Word, Excel).
- e) Yoga (Asana, Pranayama, Mudra, Bandha, Panchkarma, Shatkarma, Meditation, Yoga Nidra).
- f) SPSS (Average, Standard Deviation, t-Test, Co-relation, Chi Square and Repeated Measure Anova, Regression).
- g) Electrode fixing, data recording and analysis of Electroencephalography (EEG).
- h) Electrode fixing of Polygraph Test (Lie Detector Test) and data recording from 2 channel polygraph system.
- i) Data recording and analysis of Functional Near Infrared Spectroscopy (FNIR).
- j) Paper pencil test: -
Self-Esteem Index, Mental Health Battery, Emotional Competence Scale, Stress Scale, Depression Scale, Sinha's Comprehensive Anxiety Test, Inferiority- Insecurity Scale, Self Confidence Inventory.
- k) Multi-Operational Apparatus for Reaction Time (MOART) system: Data collection, Data analysis and Data Extraction.
- l) Finger Tapping and Tapping Board Apparatus: Data collection, Data analysis and Data Extraction.

c) ADVANCE TRAINING:

- Attended one month's 'ICMR (Indian Council of Medical Research)' training on “Basic Understanding of Yoga Techniques and Training in Neurophysiological Techniques Relevant to Yoga Research” at SVYASA University, Bengaluru during January 15th to February 14th, 2011.

Workshops Attended

1. 10 days Certificate course on **‘Research Methods for Traditional Medicine (Level-1)’** organized by Patanjali Research Foundation, Haridwar during October 19 to 29, 2013.
2. Two days’ workshop on **‘Recent Advances in Yoga and Stress’** organized by the University of Patanjali & Patanjali Research Foundation, Haridwar, Uttarakhand, during 1-2 February, 2014.
3. Two days’ workshop on **‘The Scientific Basis of Yoga for Weight Management’** organized by the University of Patanjali & Patanjali Research Foundation, Haridwar, Uttarakhand, during 11-12 October, 2014.
4. Two days’ workshop on **‘Yoga for better attention, memory and associated functions’** organized by Patanjali Research Foundation & the University of Patanjali, Haridwar, Uttarakhand, during 21-22 February, 2014.

5. One-day workshop on ‘**The Science of Pranayama: A Presentation Based on Scientific Evidence**’ organized by Patanjali Research Foundation & the University of Patanjali, Haridwar, Uttarakhand, on December 4, 2016.

MEMBERSHIP:

1. Membership in an online journal ‘*American Psychological Association (APA)*’, Washington, U.S, 2012.

REVIEWER:

1. ‘The Effects of Game-based Breathing Exercise on Pulmonary Function in Stroke Patients: a randomized, controlled study’, in *Medical Science Monitor* (U.S.A.), 2015.

Personal Details

Name:	(Dr.) Arti Yadav
Husband’s Name:	Mr. Arpit Goyal
Father’s Name:	Shree Sudesh Kumar Yadav
Date of Birth:	July 01, 1986
Gender:	Female
Marital Status:	Married
Nationality:	Indian
Languages Known:	Hindi & English.
Communication:	Flat 304, Block-2, University Residential Complex, University of Patanjali, Haridwar, Uttarakhand, 249405
Permanent:	17, Santomalan, Tehsil and Town Najibabad, Distt Bijnor, UP 246763.

Declaration:

I hereby declare that all the statements above are true and complete to the best of my knowledge.

Place: Haridwar

Date: 8th August 2023

(Dr. Arti Yadav)