

Dr. Kanak Soni (BNYS, MD-NATUROPATHY, Ph.D.-YOGA)

NATUROPATHY & YOGA Medical Practitioner

Location: HARIDWAR, UTTARAKHAND, BHARAT

Email: Dr.kanaksoni@uop.edu.in

Contact: (+91) 9481850151



“Experienced Naturopathic and Yogic Medical Doctor dedicated to managing modern lifestyle disorders with expertise in traditional practices and evidence-based methods to positively impact communities.”

WORK and CLINICAL RESEARCH EXPERIENCE (13+ years):

- **Associate Professor & Head of Department**

Feb 2025- Present

Faculty of Naturopathy & Yogic Sciences, University of Patanjali, Haridwar

- **Chief Medical Officer (Yoga & Naturopathy)**

2018 - Present

Patanjali Wellness & Research Centre, Haridwar, Uttarakhand

- **Consultant DOCTOR (Yoga & Naturopathy)**
2017 - 2018

Ayush Wellness Clinic, Rashtrapati Bhavan, New Delhi

- **Assistant Professor & Medical Officer**

2016-2017

SDM College of Naturopathy & Yogic Sciences & “SHNATIVANA” SDM YOGA AND NATURE CURE HOSPITAL, Ujire, Karnataka

EDUCATION:

- ❖ **Ph.D. (Therapeutic Yoga): 2025**

University of Patanjali, Haridwar-249405 (Uttarakhand), India

- ❖ **M.D. Naturopathy (Clinical): 2016**

SDM College of Naturopathy & Yogic Sciences, Ujire, RGUHS, Bengaluru (Karnataka), India (**University Rank 4**)

- ❖ **B.N.Y.S.: 2012**

SDM College of Naturopathy & Yogic Sciences, Ujire, RGUHS, Bengaluru (Karnataka), India (**First Class**)

PROFESSIONAL SKILLS:

- Yoga, Meditation, and Stress Management
- Physiotherapy, Acupuncture, Acupressure, Reflexology
- Hydrotherapy, Mud Therapy
- Music Therapy, Colour Therapy
- Guided Relaxation Techniques, Massages, Naturopathic Health Care

- Aqua Yoga, Yagna/Homa Therapy
- Diet and Nutrition Expertise
- Group Counselling and Lectures

PUBLICATIONS:

1. Garg, D., **Soni, K.**, Goswami, V., Porwal, R., & Kumar, K. A. (2015). LEACH-ENL: Leach protocol with enhanced network lifetime in wireless sensor network. *Network*, 3(5).
2. **Soni, K.***, Shetty, P., Sujatha, K.J. (2016). A Comparative Study on Effects of Neutral and Cold Underwater Massage on the Physiological Parameters of Healthy Individuals. *IOSR Journal of Dental and Medical Sciences*, 15 (9-X), 32-36.
3. Fatima, L., Bhadula, A. K., Janani, L., Hasan, I., Saraswat, D., **Soni, K.**, ... & Dixit, A. K. (2018). A compilation of case reports from Ayush Wellness Clinic, President's Estate, New Delhi, India. *J AYUSH: Ayurveda, Yoga, Unani, Siddha Homeopathy*, 7(01), 14-26.
4. Dixit, A.K., Fatima, L., Bhadula, A.K., Janani, L., Hasan, I., Saraswat, D., **Soni, K.**, Dhiman, A., Thakur, T. (2018). Case Reports of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy from AYUSH Wellness Clinic. *International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy*, 7(01), 471-487.

SALIENT SKILLS:

- 🏆 AYUSH NET-2017 Cleared (FOR Ph.D.)
- 🏆 Clinically sound and research-oriented.
- 🏆 Had been internal examiner Expert for RGUHS BNYS exam in 2016-17.
- 🏆 Good communication and clinical skills.
- 🏆 Exemplary in Yoga practice and training therapeutic Yoga.
- 🏆 Team leading and Management/planning skills.

AWARDS:

- ❖ *Received **Doctors Superhero Award 2021** from **Human Rights & Social Justice in Patna** on **25 August 2021**.*
- ❖ *Received **Rashtriya Chikitsa Sewa Bhushan Samman Award** for **Best Doctor** in **AYUSH** category from **HRSJ**.*

PERSONAL INFORMATION:

- **Date of Birth:** 29th July, 1989
- **Nationality:** INDIAN
- **Father's Name:** Dr. Mahesh Soni (FAMILY PHYSICIAN- MBBS)
- **Spouse Name:** Dr. Purva Soni (Ayurveda/Panchkarma Physician)
- **Language Skills:** Hindi, Sanskrit, Kannada, Rajasthani, English

DECLARATION: I confirm that the information provided by me is true to the best of my knowledge and belief.

Date: __/__/____

Place:

Dr. KANAK SONI