



Department of Yog Science
(Evaluative Report of the Department)

Name of the University : **University of Patanjali**

विश्वविद्यालयस्य नामः

Dist : Haridwar

State : Uttarakhand

जनपदम्

राज्यम्

Total Number of Departments in the institution :

10

संस्थायां विद्यमानविभागानां सङ्ख्या

(Report from the year **2022-23**)

प्रतिवेदनम्..... वर्षतः.....वर्षपर्यन्तम्

| Sl. No. | Data of the Department विभागस्य नाम | Department of Yog Science |
|---------|--|--|
| 1 | Year of Establishment /स्थापनायाः संवत्सरः | 2009 |
| 2 | Is the Department part of a School / Faculty of the University विभागः किं कस्याश्चित् अध्ययनशालायाः / कस्यचित् सङ्कायस्य भागः | Faculty Of Yoga Science |
| 3 | Programmes offered प्रचाल्यमानानां पाठ्यक्रमाणां नामानि | 7 |
| | a. Regular (UG/PG/Research Programs) नियमिताः (स्नातक-स्नातकोत्तर-अनुसन्धानपाठ्यक्रमाः) b. Interdisciplinary/ अन्तःशास्त्रीयम् c. others/ अन्ये | Diploma in Yogasana Sports (1) Under Graduate Program (2) Post Graduate Diploma in Yoga Science (1) Post Graduate Program (2) Ph.D Program (1) |
| 4 | Number of teaching posts अध्यापकपदानां सङ्ख्या | |
| | a. Sanctioned / प्रदत्तानि | 29 |
| | b. Filled / पूरितानि | 25 |
| | c. Total Faculty including guest faculties आहृत्य अध्यापकाः (अतिथ्यध्यापकसहितम्) | 25 |
| 5 | Number of Research Projects: परियोजनायां सङ्ख्या | 0 |
| | Total grants received/प्राप्तमनुदानम् | 0 |

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प्रोफेसर एवं संवत्सराध्यक्ष-योग विज्ञान संकाय,
पंतजलि विश्वविद्यालय, हरिद्वार

| | | |
|----|--|--|
| 6 | Inter-institutional collaborative projects and associated grants received/ अन्तःसंस्थासहयोगपरियोजनाः, तत्र प्राप्तम् अनुदानं च | |
| | National collaboration/ राष्ट्रस्तरीयसहयोगः | 0 |
| | International collaboration/ अन्ताराष्ट्रस्तरीयसहयोगः | 0 |
| | Departmental projects funded by UGC-SAP/CAS,DPE, ICSSR, ICPR etc. : Total grants received वि.वि.अ.आयोगप्रभृतिसंस्थाभिः प्राप्तानुदानाः विभागीयपरियोजनाः, लब्धः अनुदानराशिश्च | 0 |
| 7 | Special research laboratories/ language labs/ observatory/ gallery/ museum/ yajnasala, yogashala sponsored by/ created by industry or corporate bodies/government/trust and other institutions. उद्यमैः/ औद्योगिकनिकायैः/ सर्वकारेण/ विश्वस्तमण्डल्या/ अन्याभिश्च संस्थाभिः व्यवस्थापिता विशिष्टानुसन्धानप्रयोगशाला/ भाषाप्रयोगशाला/ वेधशाला/ चित्रवीथिका/ पुरातत्त्वसङ्ग्रहालयः/ यज्ञशाला/ योगशाला च | Yagyasala (02), Language Laboratory (01), Yogasala (08), Computer Laboratory (01), Departmental Library (1) |
| 8 | Publications:/ प्रकाशनानि | |
| | a. Number of Papers published/ प्रकाशितशोधपत्राणां सङ्ख्या | 16 |
| | b. Number of Books with ISBN/ ISBN -युतानां ग्रन्थानां सङ्ख्या | 0 |
| | c. Number of Journals with ISSN/ ISSN -युतानां शोधपत्रिकाणां सङ्ख्या | 10 |
| | d. Number of Creative writings/ सर्जनात्मकग्रन्थानां / लेखानां सङ्ख्या | 5 |
| | e. Number of Text Books/ पाठ्यपुस्तकसङ्ख्या | 0 |
| 9 | Number of Patents acquired/Creative writings/ Critical Shastric writings composed in Sanskrit awarded by State and National bodies hitherto unknown manuscripts brought to light through publication during the last five years. विगतपञ्चवर्षेषु प्राप्तानां स्वत्वाधिकाराणां / सर्जनात्मकलेखानाम् /संस्कृतभाषया लिखितानां विमर्शात्मकशास्त्रीयलेखानां कृते राज्य/ राष्ट्रीयनिकायैः प्राप्तपुरस्काराणाम् सङ्ख्या। अप्रकाशितमातृकाणां/ प्राकाशयमानितानां मातृकाणां सङ्ख्या | 0 |
| 10 | Areas of consultancy and income generated from various sources / परामर्शस्य क्षेत्राणि तथा नानाम्नोतोभ्यः अर्जित आयः | Yoga Therapy & Yoga Psychology (Honorary) |
| 11 | Number of seminars/workshops/summer schools etc./ सङ्गोष्ठीनां/ कार्यशालानां/ ग्रीष्मकालिकाध्ययनशालानां च सङ्ख्या | 13 |
| 12 | Awards/Recognitions /fellowships/invitations as visiting professors received at the National and International level by: राष्ट्रीयस्तरे तथा अन्ताराष्ट्रीयस्तरे लब्धानां सहवृत्तीनां/ पुरस्काराणां सूची/ अतिथि-आचार्यरूपेण आह्वानम् | 0 |
| | Faculty (including guest faculties)/ अध्यापकैः (अतिथ्यध्यापकसहितम्) | 11 |
| | Doctoral/Post doctoral fellows /research assistants and associates / शोध- शोधोत्तर-गवेषकैः/ शोधसहायकैः/ शोधसहयोगिभिश्च/ Students/ छात्राः | 0 |

35/8

प्रो. जोगेन्द्रराव लिव्करी
प्रोफेसर एवं संकायाध्यक्ष-योग विज्ञान संकाय,
पंतप्रति विश्वविद्यालय, हरिद्वार

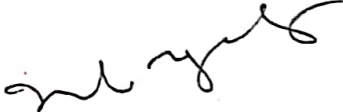
| | | |
|----|--|----|
| 13 | How many students have cleared Civil Services and Defense Services examinations, NET, SET (SLET), GATE and other competitive examinations including traditional exams conducted by Recognized Institutions /Trusts/NGO's नागरिकसेवा, रक्षासेवा, नेट, सेट (स्लेट), परीक्षासु तथा अन्यान्य- प्रतियोगितामूलपरीक्षासु कतिच्छात्राः उत्तीर्णाः | 4 |
| 14 | List of doctoral, post-doctoral students and research associates/ शोध-शोधोत्तर-गवेषकानां शोधसहयोगिनां च सूची | |
| | From the host institutions/universities/ स्वकीयविश्वविद्यालयतः / संस्थातः | 0 |
| | From other institutions/universities / इतरविश्वविद्यालयतः / संस्थातः | 0 |
| 15 | Number of Research Scholars/ Post Graduate students getting financial assistance from the University/State/ Central Governments and NGO's/ विश्वविद्यालयात् राज्यसर्वकारात् केन्द्रसर्वकाराद्वा प्राप्नुवताम् आर्थिकसाहाय्यं/ शोधच्छात्राणां/स्नातकोत्तरच्छात्राणां सङ्ख्या | 37 |
| 16 | Total Number of Student placed by the Department | 62 |



प्रो. ओमनारायण तिवारी
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पंतजलि विश्वविद्यालय, हरिद्वार

Sanctioned and Filled Teaching Position of Session - 2021-22

| Sl. No | Position | Department | | | | | | | | | | | | | | | | | | | |
|--------|---------------------|--------------|--------|------------|--------|------------|--------|------------|--------|-----------------|--------|--------------------|--------|------------|--------|------------|--------|------------|--------|------------|--------|
| | | Yoga Science | | Philosophy | | English | | Sanskrit | | Applied Science | | Physical Education | | Music | | Tourism | | Psychology | | BNYS | |
| | | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled | Sanctioned | Filled |
| 1 | Professor | 2 | 1 | 1 | 1 | 0 | 0 | 2 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 |
| | Associate Professor | 4 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 4 | 0 |
| | Assistant Professor | 8 | 9 | 10 | 8 | 4 | 4 | 6 | 7 | 5 | 2 | 2 | 3 | 2 | 1 | 6 | 1 | 5 | 2 | 5 | 2 |
| | Trainer | 15 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| | Sport Officer | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | | | | | | | | | | | | | | | | | | | | | 98 |


 डा० महावीर अग्रवाल
 प्रति - कुलपति
 पतंजलि विश्वविद्यालय, हरिद्वार

DEPARTMENT OF YOGA SCIENCE (2022-23)

| S.No | Name | Appointment | Upto | Designation |
|------|----------------------------|-------------|------------|----------------------|
| 1 | Prof. Gawdara Paran Gawda | 14.11.2016 | | Professor |
| 2 | Prof. Omnarayan Tiwari | 24.11.2022 | | Professor |
| 3 | Dr. Sanjai Singh | 01.02.2009 | Mar-23 | Assistant Professor |
| 4 | Dr Narendra Singh | 01.09.2011 | May-23 | Assistant Professor |
| 5 | Dr. Rudra Bahadur Bhandari | 01.09.2011 | 24.07.2023 | Assistant Professor |
| 6 | Dr. Nidheesh Kumar Yadav | 13.02.2017 | 24.07.2023 | Assistant Professor |
| 7 | Dr. Arti Yadav | 11.04.2017 | | Assistant Professor |
| 8 | Dr. Anju Kumari | 01.02.2020 | | Assistant Professor |
| 9 | Dr. Sandeep Singh | 24.12.2020 | | Assistant Professor |
| 10 | Dr. Arti Pal | 28.01.2021 | | Assistant Professor |
| 11 | Dr. Bipin Kumar Dubey | 24.12.2020 | | Assistant Professor |
| 12 | Ms. Monika Panwar | 01.09.2017 | | Yoga Teacher/Trainer |
| 13 | Sh. Pravesh Kumar | 01.11.2016 | | Yoga Teacher/Trainer |
| 14 | Brm. Kaushal | 04.01.2022 | | Yoga Teacher/Trainer |
| 15 | Brm. Sunil | 04.01.2022 | | Yoga Teacher/Trainer |
| 16 | Sad. Devanshi (Sangeeta) | 04.01.2022 | | Yoga Teacher/Trainer |
| 17 | Sh. Prashant Rathore | 01.12.2022 | | Yoga Teacher/Trainer |
| 18 | Sh. Bholanath Singh | 16.12.2022 | | Yoga Teacher/Trainer |
| 19 | Ms. Bobita Chetri | 16.12.2022 | | Yoga Teacher/Trainer |
| 20 | Ms. Divya | 16.12.2022 | | Yoga Teacher/Trainer |
| 21 | Ms. Gargi | 16.12.2022 | | Yoga Teacher/Trainer |
| 22 | Ms. Harsh Kanwar | 16.12.2022 | | Yoga Teacher/Trainer |
| 23 | Ms. Omika Nishad | 16.12.2022 | | Yoga Teacher/Trainer |
| 24 | Ms. Surabhi | 16.12.2022 | | Yoga Teacher/Trainer |
| 25 | Ms. Sadhna Soni | 20.12.2020 | May-23 | Yoga Teacher/Trainer |
| | Sh. Sandeep Manikpuri | 01.10.2015 | Sport Dept | Yoga Teacher/Trainer |

| Teaching Posts | Sanctioned | Filled |
|-------------------|------------|-----------|
| Professor | 2 | 2 |
| Associate Profess | 4 | 0 |
| Assistant Profess | 8 | 9 |
| Yoga Teacher/Tr | 15 | 14 |
| Total | 29 | 25 |

(5+4)

विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय हरिद्वार



Research Publications in International Journal (2022-2023)

| S.No. | Title of the Paper | Department | Name of journal | Year of publication | ISSN number |
|-------|--|--------------|--|---------------------|--------------------|
| 1 | Kinetics of Kapalbhathi: A mathematical interpretation of force, pressure, centre of g | Yoga Science | International Journal of Scientific Engineering and Research | 2022 | 2229-5518 |
| 2 | Yoga and Attention: A systematic review | Yoga Science | Yoga Mimamsa | 2022 | 2394-2487 |
| 3 | Impact of Nadi Shodhan Pranayama and Pranakarshan Pranayama on Alpha-EEG among college | Yoga Science | Indian Journal of Positive Psychology | 2022 | e-2321-368X |
| 4 | Yoga and COVID-19 Pandemic: A review | Yoga Science | International Journal of Yoga and Allied Sciences | 2022 | 2278?5159 |
| 5 | Management of Hypothyroidism through Yoga Intervention: A Study of Yogic Approaches | Yoga Science | International Research Journal of Ayurveda & Yoga | 2022 | 2581-785X |
| 6 | Development of an integrated yoga module for sportsperson (cricketers) through resear | Yoga Science | International Journal of Physical Education, Sports and Health | 2022 | 2394-1693 |
| 7 | Role of Yoga practices on cognitive functions: A Review | Yoga Science | International Journal of Health Sciences (IJHS) | 2022 | 2550-6978 |
| 8 | Yoga and attention: A systematic review | Yoga Science | Yog Mimansa | 2022 | 0044-0507 |
| 9 | Yoga for Cognitive Functions: A Systematic Review | Yoga Science | Yoga and allied sciences | 2022 | 2278 ? 5159 |
| 10 | Role of Yoga on Cognitive Functions; A Review | Yoga Science | International journal of health sciences | 2022 | 2550696X, 25506978 |
| 11 | To understand yogic effects on reverse aging in terms of telomere length & telomerase | Yoga Science | International journal of health sciences | 2022 | 2550696X, 25506978 |
| 12 | Impact of Physical Activity on Nervous System, Neurogenesis and Brain Aging | Yoga Science | Journal for Reattach Therapy and Developmental Diversities | 2022 | 2589-7799 |
| 13 | Role of Yoga on Cognitive Functions; A Review | Yoga Science | International journal of health sciences | 2022 | 2550696X, 25506978 |

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राजस्थान विश्वविद्यालय, हरिद्वार

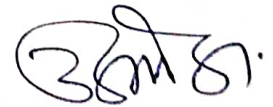
| | | | | | |
|----|---|--------------|--|------|-----------|
| 14 | Effect of Yajana on Total lung capacity & Biological Lung Age | Yoga Science | Gurukul Shodh Pत्रिका Gurukul Kangri University Haridwar | 2022 | |
| 15 | Importance of Pranayama in boosting immunity in the present COVID-19 scenario | Yoga Science | JICR | 2022 | 0022-194 |
| 16 | Importance of Yoga In SARS-COVID-2 Variant | Yoga Science | Journal Of The Asiatic Society of Mumbai | 2022 | 0972-0766 |



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पंतजलि विश्वविद्यालय, हरिद्वार

8d. Number of Creative writings/ सर्जनात्मकग्रन्थानां / लेखानां सङ्ख्या

1. Dubey, Bipin Kumar, 2022-23, भारतीय संस्कृति में आत्मसातीकरण, भारतीय संस्कृति के विविध आयाम, सम्पादक डॉ० कमलेश शर्मा, कुमुद पब्लिकेशन्स, दिल्ली, ISBN: 978-93-92023-23-1.
2. Dubey, Bipin Kumar, 2023, आत्म-विश्लेषण एवं विचार प्रबन्धन में स्वाध्याय का अनुप्रयोग, भारतीय ज्ञान परम्परा, सम्पादक डॉ० कमलेश शर्मा एवं डॉ० अभिषेक कुमार भारद्वाज, एन बी पब्लिकेशन्स, गाजियाबाद, दिल्ली, ISBN- 978-93-93550-15-8.
3. Dubey, Bipin Kumar, 2023, प्राचीन काल में आयुर्वेद के विकास का ऐतिहासिक विश्लेषण, Book Chapter Under Publications in Mewar University.
4. Bhandari, R. B, Sangodkar, N. P., Acharya, B. (2023). Psychosocial Implications of Yoga for Healthcare Workers during Covid-19. In Ananda, A. (Ed.). Neuroscience of Yoga. Springer Nature (Accepted for Publication).
5. Yadav, A. and Bhardwaj, A.K. (2022). Bhartiye Sanskriti ki Dharohar: Yoga evam Ayurveda. In Sakta, K., and Nodiyal, M. (Eds.). BhartiyeSankritikeVivdhAyavama. Mukund Publication, Delhi. ISBN No. 978-93-92023-1.



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List of JRF Students (2022-2023), Department of Yoag Science

| Name | Name of Scholler | Father Name | Enroll No. |
|------|------------------------|----------------------|------------|
| 1 | AVICHAL VERMA | RAKESH KUMAR VERMA | 171867 |
| 2 | CHITRA CHAND | TRILOK CHAND | 196440 |
| 3 | DIPAK CHETRY | INDRA BAHADUR CHETRY | 196443 |
| 4 | JAYDEEP NEGI | D. S. NEGI | 196441 |
| 5 | KM KANCHAN | FEREE SINGH | 171974 |
| 6 | NEERJA KATARE | GOPAL KATARE | 16258 |
| 7 | NIDHI CHAUDHRY | SANJEEV KUMAR | 171935 |
| 8 | NILESH MUDGAL | JAGRAM MUDGAL | 196465 |
| 9 | PINTU KUMAR MAHTO | DUKHAN MAHTO | 172182 |
| 10 | SANGODKAR NEHA PRADEEP | PRADEEP | 172079 |
| 11 | SAPNA YADAV | DHARAMVIR SINGH | 196450 |
| 12 | VIPIN KUMAR RATHORE | KARAMPAL | 196447 |
| 13 | ADITYA PRAKASH SINGH | INDAL SINGH | 208348 |
| 14 | AKSHAY VASHISHT | SAT NARAYAN VASHISHT | 207524 |
| 15 | ANIL KUMAR | CHANDRAPAL | 207525 |
| 16 | CHETAN AACHARYA | HIRALAL AACHARYA | 208349 |
| 17 | GARIMA | SATPAL SINGH | 208340 |
| 18 | GURNEET KAUR | PARAMJIT SINGH | 14116 |
| 19 | KAVITA BAKSHI | D K BAKSHI | 208361 |
| 20 | KM MEDHA | ANOOP KUMAR BHATT | 207523 |
| 21 | KM PRIYANKA RANI | TAPESH KUMAR | 207516 |
| 22 | KM. ANJALI PRABHAKAR | SHISHUPAL PRABHAKAR | 207519 |
| 23 | KM. PRASOON | JAGMOHAN SINGH BISHT | 14036 |
| 24 | MUKESH KUMAR MANDAL | KRISHNA KANT MANDAL | 207515 |
| 25 | RITU TYAGI | SUDHIR KUMAR | 208372 |
| 26 | RUPAM VERMA | VINAY KUMAR VERMA | 207522 |
| 27 | SATYA VRAT ARYA | HAZARI LAL ARYA | 208339 |
| 28 | SURENDRA | UDIT NARAYAN | 207521 |
| 29 | SURYA PRAKASH | OM PRAKASH | 184298 |
| 30 | KM ANURADHA GUPTA | RAMASHISH GUPTA | 207513 |
| 31 | ROHIT | SURESH | 207529 |
| 32 | HIMANSHU GUPTA | ANIL KUMAR GUPTA | 219256 |
| 33 | KM PREETI DEVI | KUNWAR SINGH | 15178 |
| 34 | PRAGYA MANJHI | MANU RAM MANJHI | 13045 |
| 35 | VARDAAN SAINI | MANU RAM MANJHI | 13046 |
| 36 | ANKIT KUMAR | JAGDEV SINGH | 2313402 |
| 37 | ANNANYA CHAUHAN | AJAY KUMAR CHAUHAN | 2313394 |

प्रो. ओमनारायण तिवारी
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पंतजलि विश्वविद्यालय, हरिद्वार



11. CONFERENCE PROCEEDINGS

Dr Nidheesh Yadav

1. 30th Nov 2022, Chaired Scientific Session at 18th National Seminar on Effects of Yoga & Naturopathy for Digestive System, organized by Faculty of Yoga & Alternative Medicine, University of Lucknow, 2nd Campus, Jankipuram, Lucknow

Dr Rudra Bhandari

2. Delivered Invited talk on "Online Yoga and Ayurveda Intervention as tertiary prevention of Psychological Comorbidities in COVID-19 Survivors: A Randomized Controlled Study" in the International Conference on Role of Yoga, Yagya and Ayurveda organized by Sriram Yog Training and Research Society, Uttar Pradesh and hosted by AIIMS Rishikesh from 7 to 8 December 2023.
3. Delivered Invited talk on "Traditional formulations for managing COVID-19: A systematic review and meta-analysis" in the International Conference on Naturopathy organized by Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, GoI and hosted by the University of Patanjali, Haridwar from 18 to 19 November 2023.

Dr Sandeep Singh

4. Singh, S. (2022, December 12-13). Impact of Integrated Yoga on Hypothyroidism: a case study. 4th ICYYA-22 Yoga, Yagya, and Ayurveda. Sri Ram Yog Training and Research Society and Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand.
5. Singh, S. (2022 August 1-4). International conference on Modernization of Traditional Indian Medicine: Public health and Industrial perspective. Patanjali Research Foundation & University of Patanjali, Haridwar, Uttarakhand.
6. Pandya, P., Vijay, V., & Singh, S. (2022, May 24-26). Impact of Vipassana on the occupational stress among corporate employees. International Conference on Indian Traditional Yoga System Theory and Practice, Gurukul Kangri Deemed to be University, Haridwar, Uttarakhand, India.

Dr Bipin Dubey

7. As Member of Organizing Committee; for the International Seminar organized by University of Patanjali, Haridwar on "Modernization of Traditional Indian Medicine: Public Health & Industrial Perspectives, August 1-4, 2022.

प्रो. ओमनारायण तिवारी
प्रोफेसर एवं संकायाध्यक्ष-योग विज्ञान संकाय,
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8. As Member Member of Organizing Committee; for the International Seminar organized by University of Patanjali, Haridwar on "Achieving Holistic Health through Ayurveda along with Advanced Technologies" May 1-3, 2023
9. Participated in online workshop on NEP 2020: Equality & Inclusion, Organized by UGC-HRDC, JNVU, Jodhpur on 14 January 2023
10. Participated in online workshop on NEP 2020: Higher Education & Global Outreach, Organized by UGC-HRDC, JNVU, Jodhpur on 03/02/2023
11. Participated in online workshop on NEP 2020: Breaking Barriers in Science & Technology, Organized by UGC-HRDC, JNVU, Jodhpur on 14/02/2023

Dr Aarti Pal

12. Organizing committee member for the "International Conference on Yoga as Integrated Medicine" at Haridwar, Uttarakhand on 17 December 2023.
13. Participation in the International conference on Yoga & Naturopathy organized by Faculty of Naturopathy & Yoga Science, University of Patanjali, Haridwar.



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