



पतंजलि विश्वविद्यालय
University of Patanjali

3.1.2a

आचार्य योग
Established by

पतंजलि विश्वविद्यालय अधिनियम संख्या 4 वर्ष 2006 के अन्तर्गत स्थापित
State Legislature Under the University of Patanjali Act No. 4, Year 2006

संख्या (Ref.) : UOP/Recd.office/Ph.D./2021-SS

दिनांक (Date) : 26/06/2021

Circular

The following committees will look after smooth functioning of research activity of their PhD scholars as per UGC guidelines 2016. Dean office will provide necessary information and documents.

Chairman

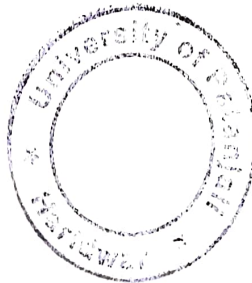
Members

- | | |
|----------------------------|---|
| 1. Prof. Mahavir Agarwal | Dr. Sanjay Singh & Prof. Manohar Lal |
| 2. Sadhvi Dr. Dev Priya ji | Dr. Narendra Singh |
| 3. Prof. Shirley Telles | Dr. Rudra Bhandari & Dr. Nidheesh Yadav |
| 4. Dr. Anurag Varshney | Prof. Paran Gowda |
| 5. Dr. Ved Priya | Dr. Vaishali Gaur & Dr. Arti Yadav |
| 6. Prof. V. K. Katiyar | Dr. Abhishek Bhardwaj & Dr. Sandeep Singh |

VK Katiyar

(Prof. V. K. Katiyar)

Dean, Research & Academics



Research domains centered on Traditional Yogic concepts

Traditional Yogic Concepts form the major research domain at University of Patanjali.

Some of such Research topics are:

Research Topic	Researcher(s)
A study on the effect of yoga practices on the level of anxiety among college students	N Singh, S Singh
Does yoga influence happiness and mental balance: A comparison between yoga practitioners and non-yoga practitioners	R K Gupta, S Singh, N Singh
Management of aggression by group yoga practices	S Singh, N Singh
Depression: Psycho-Yogic way to over-come depression	V Gaur
Intensity and duration of yoga practice with quality of sleep: a correlation based study	RK Gupta, N Singh
Effect of OM chanting on mental health in aged people	V Gaur
A randomized controlled trial to assess pain and magnetic resonance imaging-based (MRI-Based) structural spine changes in low back pain patients after yoga practice	S Telles, AK Bhardwaj, RK Gupta, SK Sharma, R Monro, A Balkrishna
Short Communication Yoga Practice in a School Setting Positively Impacts Self-esteem: A 13 Month Follow-up Study	AK Bhardwaj, S Telles
A selective review of dharana and dhyana in healthy participants	S Telles, N Singh, RK Gupta, A Balkrishna
Yogic Intervention for Coping with Distress.	RB Bhandari
Review on effect of yoga and lifestyle moderation on gastrointestinal disease	R Dayma, RB Bhandari
Characteristics of yoga practitioners, motivators, and yoga techniques of choice: A cross-sectional study	S Telles, SK Sharma, N Singh, A Balkrishna
Sustained improvement in self-esteem in children after 13 months of unsupervised yoga practice	AK Bhardwaj, N Singh, A Balkrishna, S Telles

