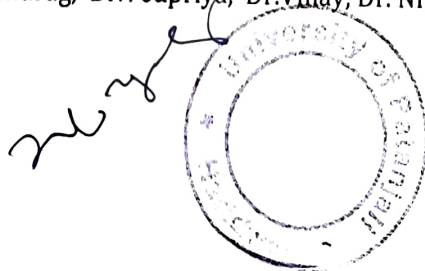


Details of faculty/ scholars (highlight research domains) involved in applied interventions aimed at transformation

Faculty:Dr. Paran Gowda: He is a senior professor at University of Patanjali, Haridwar, and has been conducting applied yoga research and its empirical models and applied applications in different branches of science for more than 5 years. His research focuses on the use of yoga in developing Kundalini yoga Scale development, Astanga yoga scale development for all the 8-limb practices, Bhakti yoga scale development, Karma Yoga scale development, Memory Scale development, Visual perception, Senior citizens Scale development etc. He has published more than 70+ research papers along with Ph.D research scholars in both Group 1 and Group 2 UGC care listed journals.

1. Dr. Shirley Telles: She is a leading medical researcher in the field of yoga and neurosciences. Her research focuses on the effects of yoga on the brain and the autonomic nervous system. She has published numerous papers on the topic and has been awarded several research grants for her work.
2. Dr. Abhishek Bhardwaj: He is a author and scholar of yoga, psychology. He has written books on the use of yoga as a tool for spiritual transformation and has developed a system of yoga with practice known as Vedic Yoga.
3. Dr. Arti Yadav: She is expert in the field of therapeutic applications of yoga which offers teacher training programs and workshops on the therapeutic applications of yoga. Her research focuses on the use of yoga in the treatment of back pain, depression, and other chronic conditions.
4. Dr. Rudra Bhandari: He is a therapeutic and researcher. His research focuses on the use of yoga in the treatment of back pain, knee cap etc. And also published research papers in Group 1 and Group 2 UGC care listed journals
5. Dr. Narendra: He was a renowned yoga teacher who developed the method of yoga, which emphasizes precision and alignment in the practice of asanas. His research focused on the therapeutic applications of yoga for a wide range of conditions, including back pain, arthritis, and asthma.

These are just a few examples of the many faculty who are involved in applied yoga interventions aimed at transformation. Other notable names in the field of yoga and applied and allied sciences include Dr. Anurag, Dr. Vedpriya, Dr. Vinay, Dr. Nivedita etc.



Yoga can be a powerful tool for transformation among undergraduate and post-graduate students, as it can help them develop greater self-awareness, manage stress, improve concentration and focus, and cultivate a deeper sense of **inner peace and well-being**. Here are some tips for using yoga for transformation among students:

1. **Students and Scholars Transformation:** Start with the basics for students who are new to yoga, it's important to start with the basics, such as simple poses (asanas), breathing exercises (pranayama), and meditation techniques. Encourage students to take it slow and focus on their breath and body awareness.
2. **Emphasize mindfulness:** Mindfulness is a key aspect of yoga, and it can help students develop greater awareness of their thoughts, emotions, and physical sensations..
3. Offer guidance on **stress management:** Stress is a common issue among students, and yoga can be a powerful tool for managing stress..
4. **Encourage community:** Practicing yoga in a group setting can help students feel a sense of community and connection.
5. **Emphasize self-care:** Self-care is essential for overall health and well-being, and yoga can be a powerful tool for self-care. Encourage students to prioritize their own self-care needs, such as getting enough sleep, eating a healthy diet, and taking time for themselves each day.
 - Records with measurable indicators showcasing outcomes of transformation in individuals and society brought about through such research interventions,
 - ✓ Passing out from the University
 - ✓ Getting placement
 - ✓ Golden book of awards
 - ✓ Sports awards, Certificates etc.

