

## Faculty Publication

### Dr. Ajay Dubey, Associate Professor, Principal, HSYS

1. Comparison of Preoperative Acupressure, Incentive Spirometry, and Nebulisation with Lignocaine In Reducing Fentanyl-induced Cough: A Randomised Controlled Study, Other/Joint Author, Journal of Clinical and Diagnostic Research., 17 , UC 52-56, , 2023 , 13/08/2023
2. Prakratik Chikitsa ke aadharbhut siddhant, Single Author, International Journal of Bhopal, I, 14-16, , 2018 , Jan-Mar 2018, ISSN 23475897
3. Swaryoga Aur Samajik Mahatva, Single Author, International Refereed & Blind Peer reviewed Multidisciplinary Research Journal , 7 , 112-117, , 2020 , 26 March 2020, ISSN 2348 3318 RRSSH, MR journal
4. Rog Pratirodhak Kshamta ko viksit karne me yogabhyaso ka prabhav; Zender ke vishesh sandarbh me Single Author, International Refereed & Blind Peer reviewed Multidisciplinary Research Journal , 7 , 56-61, , 2020 , 30/11/2020, ISSN 2348 3318 RRSSH, MR journal
5. Role of Mental Health and Resilience, Single Author, Samdarshi, 16, 3009-3011, September 2023 Samdarshi ISSN: 2581-3986 Vol 16 Issue 4.
6. Maanasik Svaasthy Ke Sanrakshan Mein Svar Yog Ka Prabhav, Single Author, Sangrathan, 25 , 195-198, ISSN: 2278-6880, Volume 25, Issue January 2024.
7. Karo Yog Raho Nirog, Puranam, Vol. LXV, Issue-2, No. 12, 2022 , 232 , ISSN : 0555-7860 UGC-CARE Group 1 Journal
8. Yog me Chetna ka Swarup, Puranam, Vol. LXV, Issue-1, No. 6, 2022 , 184, ISSN : 0555-7860, UGC-CARE Group 1 Journal
9. THERAPEUTIC YOGA RELATED TO DIGESTIVE SYSTEM, Single Author, Ravindra Bharti Patrika - A Refereed Journal , 26 , 115-118, , 2023 , july 2023, ISSN : 0937-0037
10. Effect of Selected Yogic Practices and Motivational Lectures on Moral Values of Adolescents, First Author/Corresponding author /One of two authors, Samdarshi, 16 , 3019-3025, ISSN: 2581-3986 Vol 16 Issue 4. September 2023
11. ROLE OF NATUROPATHY ON DIGESTIVE SYSTEM, First Author/Corresponding author /One of two authors, Ravindra Bharti Patrika - A Refereed Journal , 26 , 131-135, july 2023, ISSN : 0937-0037, Vol.: XXVI, No. : 7, 2023, 131
12. Sampurn vyaktitva vikas me Ashatanga Yoga ki bhumika, Other/Joint Author, ĀMNĀYIKĪ, 24 , 155-162, , 2023 , Dec 2023, ISSN No. 2277-4270, UGC Care List No. 02
13. Bhartiya Darshan me vyaktitva ke swarup ki samiksha, Single Author, ĀMNĀYIKĪ, 24 , 133-138, , 2023 , Dec 2023, ISSN No. 2277, -4270, UGC Care List No. 02

#### **+ Conference Publications:**

1. Title of the Invited Lecture delivered/Paper presented:International Conf. on "Recent Advances in Yoga & Psychotherapy" paper- "Chetna ke star." Category/Type of Event:International (within country) Date of Presentation (yyyy-mm-dd):2007-11-25, Duration (in mins.): 30Dept. of Yog Sc., Dr. H.S. Gour University Sagar M.P.Paper Presentation in Seminar
2. Title of the Invited Lecture delivered/Paper presented:Stress Management through Yoga, Category/Type of Event:State/University, Date of Presentation (yyyy-mm-dd):2014-12-23, Duration (in mins.):60Office of the Superintendent of the Police, JabalpurResource Person
3. Title of the Invited Lecture delivered/Paper presented:Chitta Prasad in Yoga Sutra, Category/Type of Event:National, Date of Presentation (yyyy-mm-dd):2015-11-08 Duration (in mins.):30 Dept of Yogic Studies, Dr. Harisingh Gour Central University Sagar MP Paper Presentation in Seminar
4. Title of the Invited Lecture delivered/Paper presented:Yoga Principles and Practices for healthy living in International Yoga Day celebration, Category/Type of Event:National

	Date of Presentation (yyyy-mm-dd):2017-06-21, Duration (in mins.):120National Institute of Immunology, New Delhi Resource Person
5.	Title of the Invited Lecture delivered/Paper presented:Common Yoga Protocol, Category/Type of Event:International (within country) Date of Presentation (yyyy-mm-dd):2015-06-18 Duration (in mins.):60 National Institute of Occupational HealthResource Person
6.	Title of the Invited Lecture delivered/Paper presented:Ekatma Manav Darshan: Samkalin Samasyaye evam Samadhan, Title- “Ekatma Manav Darshan aur Yoga Sadhana” , Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2015-02-11 Duration (in mins.):30Atal Bihari Bajpayi Hindi University BhopalPaper Presentation in Seminar
7.	Title of the Invited Lecture delivered/Paper presented:Common Yoga Protocol, Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2015-06-21 Duration (in mins.):35National Institute of Occupational HealthResource Person
8.	Title of the Invited Lecture delivered/Paper presented:National Seminar on New Dimensions for Holistic Personality Development, title- “Vyaktitva Vikas me Yoga Ki bhumika.” Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2005-11-29 Duration (in mins.):30 Dr. Harisingh Gour University, Sagar MP Paper Presentation in Seminar
9.	Title of the Invited Lecture delivered/Paper presented:National Seminar on “Prachin bhartiya Gyan- Vigyan Parampara”, title- “Upnishado me Yam- Niyam Sadhana.” Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2014-03-25 Duration (in mins.):30 Atal Bihari Vajpayi Hindi University BhopalPaper Presentation in Seminar
10.	Title of the Invited Lecture delivered/Paper presented:1 lecture on Importance of Ashtanga Yoga in Modern Perspective 1 lecture on Importance of Prayers in Yoga Category/Type of Event:State/University Date of Presentation (yyyy-mm-dd):2015-11-09 Duration (in mins.):120Dr. Harisingh Gour Central University Sagar MP Resource Person
11.	Title of the Invited Lecture delivered/Paper presented:Social Importance of International day of Yoga Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2016-06-21 Duration (in mins.):30 Samutkarsh Academy Of Yoga Resource Person
12.	Title of the Invited Lecture delivered/Paper presented:National Seminar on Yoga Education in India, title- “Swar Yoga Shastra; Ek Samikshatmak Addhyayan” Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2009-01-31 Duration (in mins.):30 UGC sponsored Golden Jubilee National Seminar Dr. Harisingh Gour University Sagar,Paper Presentation in Seminar
13.	Title of the Invited Lecture delivered/Paper presented:National Seminar on Rashtriya Gyan-Vigyan Hindi Sammelan, title- “Yoga me Chetna ka swarupa” Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2013-06-06 Duration (in mins.):30 Atal Bihari Vajpayi Hindi University BhopalPaper Presentation in Seminar
14.	Title of the Invited Lecture delivered/Paper presented:National Research Conference on “ Bhartiya Yuvao me Sharirk Shiksha va Khel” title- “Khiladiyon ke Sharirik evam Mansik Vikas me Yoga ka Prabhav”. Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2014-02-06, Duration (in mins.):30UGC sponsored National Seminar at Govt. Hamidia College Bhopal,Paper Presentation in Seminar
15.	5Title of the Invited Lecture delivered/Paper presented:National Conference on “ Yoga & Science” title- “Yoga Sutra me Chitta ki Avadharna.” Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2007-02-17 Duration (in mins.):30Dr. Harisingh GOur University Sagar MPPaper Presentation in Seminar
16.	Title of the Invited Lecture delivered/Paper presented:1 lecture on Concept of Yoga in Bhagwad Geeta 1 lecture on Concept of Chitta in Patanjala Yoga Darshan 1 lecture on Ishwar Pranidhan and Pranav in Yoga Sutra Category/Type of Event:State/University, Date of Presentation (yyyy-mm-dd):2015-11-08, Duration (in mins.):180Dr. Harisingh Gour Central University Sagar MPResource Person
17.	Title of the Invited Lecture delivered/Paper presented:National Conf. on Art & Science:

Healthy Life, Title- "Swastha Jeevanshaili me Yoga ka mahatva." Category/Type of Event:National, Date of Presentation (yyyy-mm-dd):2014-07-19, Duration (in mins.):30MAPCOST & Arogyabharti Bhopal MPPaper Presentation in Seminar
18. Title of the Invited Lecture delivered/Paper presented:2 Lectures on Life sketch of Modern Yogi's & their contribution in Yoga 1 Lecture on Institutions of Yoga in India 1 Lecture on Swara Yoga 1 lecture on Principles of Yoga Practices regarding Therapy, Category/Type of Event:State/University, Date of Presentation (yyyy-mm-dd):2016-06-24, Duration (in mins.):200 Dr. Harisingh Gour Central University Sagar MPResource Person
19. Title of the Invited Lecture delivered/Paper presented:National Seminar on Bhartiya Chintan: Vikas aur Niti- Nirman, Paper title- "Patanjal yoga Sutra: Vikas aur Niti Nirman" Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2014-12-26, Duration (in mins.):30National Council for Social Science, New Delhi & MAPCOST, Bhopal MPPaper Presentation in Seminar
20. Title of the Invited Lecture delivered/Paper presented:Common Yoga Protocol, Category/Type of Event:National , Date of Presentation (yyyy-mm-dd):2015-06-19 Duration (in mins.):60National Institute of Occupational Health Resource Person
21. Title of the Invited Lecture delivered/Paper presented:National Seminar on "Swami Vivekanand ke Bichar evam Bhavi Vishva", title- "Swami Vivekanand Aur Yoga Sadhna; Bhavi Vishva ke Sandarbha me". Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2013-12-21 Duration (in mins.):30Atal Bihari Vajpayi Hindi University BhopalPaper Presentation in Seminar
22. Title of the Invited Lecture delivered/Paper presented:International Conference on "Psychotherapy, Yoga & Spirituality" paper- "Yog ki Pavan Punya Parampara", & Yoga Demonstration. Category/Type of Event:International (within country) Date of Presentation (yyyy-mm-dd):2005-11-29, Duration (in mins.):30organized by YPAI at Haridwar,Paper Presentation in Seminar
23. Title of the Invited Lecture delivered/Paper presented:1 Lecture on Eligibility and characteristics of Yoga Practicener 1 Lecture on Importance of Shatkarma in Modern Perspective 1 Lecture on Practice of Tratak and its benefits Category/Type of Event:State/University Date of Presentation (yyyy-mm-dd):2016-06-25 Duration (in mins.):120Dr. Harisingh Gour Central University Sagar MP Resource Person
24. Title of the Invited Lecture delivered/Paper presented:Samkalin Vishva evam Yoga Shiksha, Category/Type of Event:National, Date of Presentation (yyyy-mm-dd):2016-11-19 Duration (in mins.):60Indian Institute of Public Administration and Swami Shivanand Shodh PeethPaper Presentation in Seminar
25. Title of the Invited Lecture delivered/Paper presented:National Conference on Yoga Moral Value in Modern Perspective" title- "Paramparik Yoga me Neeti Shiksha". Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2006-01-30 Duration (in mins.):30UGC sponsored National Seminar Dr. Harisingh Gour University Sagar, MP Paper Presentation in Seminar
26. Title of the Invited Lecture delivered/Paper presented:Life sketch of Ancient Yogi's & their contribution in Yoga, Category/Type of Event:State/University, Date of Presentation (yyyy-mm-dd):2016-06-23, Duration (in mins.):60Dr. Harisingh Gour Central University Sagar MP Resource Person
27. Title of the Invited Lecture delivered/Paper presented:National Seminar on Swami Vivekanand ke Shiksha Bishyak Bichar, title- "Samgra samajik vikas me Yoga ki bhumika" Category/Type of Event:National Date of Presentation (yyyy-mm-dd):2013-02-02, Duration (in mins.):30IIER Lucknow & Maharshi Patanjali Sanskrit Sansthan, Bhopal,Paper Presentation in Seminar

+ **Conferences/ Seminars / Workshop / FDP attended:**

01. 10 days National workshop on Yoga and Moral Values and also awarded “ <b>Certificate of Honour</b> ”
02. Regional Conference on “ <b>Towards Peace, Harmony &amp; Happiness: Transition to Transformation</b> ”
03. National workshop on “ <b>Palliative Care- Because I Matter</b> ”, Pain Free Hospital Initiative.
04. International Conference on “ <b>Yoga for Diabetes</b> ”.
05. International Conference on “ <b>Frontiers in Yoga Research &amp; its applications</b> ” S-VYASA Bengaluru, Jan 2-5, 2014
06. XIX Senior National Circle Kabaddi Championship participated as a <b>Manager (Boys)</b>
07. National Seminar on Yoga: The Ancient Tradition in the New Millennium. ICPR, New Delhi SVU, Tirupati, Feb 22-24, 07
08. National Workshop on “ <b>Yoga and Health</b> ”,
09. National Training <b>Psychotherapy</b> , and Workshop on <b>Yoga and Yoga &amp; Psychotherapy</b> Association of India (Regd.) Sagar, Jan 21-31, 2006.

**Dr. Somlata Jha, Assistant Professor, HSYS**

01. Pranayama and Lifestyle, Ajanta (ISSN No.2277-5730), Vol-VII, Issue-IV,Page No. Oct-Dec-2018
02. Holistic Health through Yoga, Ajanta (ISSN No.2277-5730) Vol-VIII, Issue-II, April-June 2019.
03. Meditation –Concept and Practices, International Journal of Science & Consciousness (ISSN No.2455-2038) Jan-March 2019, Vol-5, No.1.
04. Importance of Yoga in Boosting Immunity, The International Journal of Analytical and Experimental Journal (ISSN No.0886-9367), Vol-XIII, Issue-V, May 2021.
05. Impact of Yoga Nidra on Human Consciousness, The Journal of Oriental Research Madras, ISSN No.0022-3301, Vol.XCIII-I, Page No.157-165, Impact Factor7.193, January 2022
06. Stress Management through Meditation, International Journal of Humanities, Law and Social Sciences, ISSN No.2348-8301, Vol.IX, Issue-I(I), Page No.104-109, Impact Factor 5.45, Summer 2022.
07. The Power of Meditation: Cultivating Blissfulness and Inner Peace, Chaitanya ,a Refereed and Peer-Reviewed International e-Journal of Humanities and Social Sciences by School of Humanities of Social Science,B.R Umbedkar Open Uniersity, Ahmedabad ,2023
08. Yoga as an Innovative Approach to Managing Arthritis, Samdarshi ISSN: 2581-3986 Vol 16 Issue 2 (July 2023).
09. Unravelling the Potency of Yoga for the Management of Psychometric Disorders, Samdarshi ISSN: 2581-3986 Vol 16 Issue 2 (July 2023)
10. The Power of Yoga in Sports: Enhancing Performance and Well-Being, Samdarshi ISSN: 2581-3986 Vol 16 Issue 3 (August 2023)
11. Surya Namaskara:A Holistic Approach to Healthy Aging, Samdarshi ISSN: 2581-3986 Vol 16 Issue 3 (August 2023)
12. Aging and Yoga: Exploring the Benefits of Yoga in Promoting Healthy Aging, Samdarshi ISSN: 2581-3986 Vol 16 Issue 3 (August 2023).
13. Yoga and Artificial Intelligence: A Review of The Potential Applications of AI in Yoga Research and Practice for Neurological Disorders, International Journal on Recent and Innovation Trends in Computing and Communication ISSN: 2321-8169 Volume: 12 Issue: 2, February 2024, Available @ <a href="http://www.ijritcc.org">http://www.ijritcc.org</a> .

**Conferences/ Seminars / Workshop / FDP attended:**

01. Webinar on the topic “Outcome Based Education Road Map to E-Learning & Accreditation organized by Informatics, 29th May 2020.
02. Webinar and Workshop arranged by JNU on the occasion of 6 <sup>th</sup> International Day of Yoga, 18-21 June 2020.
03. Workshop on Intellectual Property Rights organized by Swami Rama Himalayan University, 27th March 2021.
04. International webinar on the topic “Promotion of Human Values through the practice of Yoga and Transcendental Meditation “organized by Maharshi Mahesh Yogi Vedic Vishwa Vidyala, Karoundi, Katni, MP, 21.06.2022.
05. Webinar on the topic “Multi-Disciplinary Approach in NEP 2020” organized by Lakshmi Bai National Institute of Physical Education, Gwalior, 31.08.2022.
06. National Seminar on “Yog Anusandhan ke Vividh Aayam” held at Himalayan School of Yoga Sciences, Swami Rama Himalayan University on 21st July 2023.
07. National Webinar on Yoga for Healthy Life and Wellness on 21st August, organizes by Government College, Deosar, M.P, 2023.
08. Seminar titled “Swami Ram’s Teachings on Holistic Approach to Life” organized by the Department of Clinical Psychology, Swami Rama Himalayan University on October 9, 2023.
09. National level symposium on” Bhartiya Traditional Sports, Yoga and Naturopathy” on 30th and 31 <sup>st</sup> October 2023 at HVPM.
10. International Yoga Conference on “Ethics in Yoga”Organized by Navyoga Suryodaya Sewa Samiti, 20th March 2024.
11. Ten days workshop on“Navya-Nyaya Language and Methodology with special reference to Navya Nyaya Bhasha Pradeepa organized by Indian Council of Philosophical Research (ICPR),June 2023
12. National Workshop on Women’s Empowerment in Uttarakhand through Science &Technology organized by NASI Uttarakhand chapter& Swami Rama Himalayan University,Dehradun,29-30March 2024
13. National Conference on Antimicrobial Resistance (AMR): Research Priorities & Action Plan, organized by Swami Rama Himalayan University, 5th -6 <sup>th</sup> April 2024.
14. NEP2020 Orientation and Sensitization Program under Malviya Mission Teacher Training Program (MM-TTP) of UGC organized by Malviya Mission Teacher Training Centre, H.N.B. Garhwal University,Srinagar(Garhwal),Uttrakhand from 19 <sup>th</sup> to 30 <sup>th</sup> May 2024.
15. AICTE Training And Learning (ATAL) Academy Faculty Development Program on Enlivening Consciousness through Transcendental Meditation as a tool to realize Objectives of National Education Policy at Maharishi Mahesh Yogi Vedic Vishwavidyalaya from 20/10/2021 to 24/10/2021
16. Inpods’s Faculty Development Program on Advanced Concepts of Outcomes-based Education Oct 7, 2021.
17. Five Days International level Faculty Development Programme on "Recent Trends in Yoga." o4 February to 08 February 2022 Shree Hanuman Vyayam Prasarak Mandal, Degree College of Physical Education, Amravati,Department of Yoga.

## Dr. Ankit Sharma, Assistant Professor, HSYS

### Journal Publication Details:

1. Sharma, Ankit, 2018. 'तंत्रयोग में वर्णित विभिन्न ध्यान पद्धतियों में नाद', Shodh Manthan, ISSN (P): 0976-5255. <a href="http://anubooks.com/?page_id=4725">http://anubooks.com/?page_id=4725</a>
2. Sharma, Ankit, 2018 'तंत्रयोग की परम्परा', साहित्य सरस्वती ISSN 2393-9362.
3. Sharma, Ankit, 2018, 'योग के विभिन्न रूपों का विश्लेषण', Review of Research, ISSN 2249-894X.
4. Sharma, Ankit, 2021 'संस्कृत साहित्य में तन्त्रयोग की अवधारणा', Journal of Interdisciplinary Cycle Research, ISSN NO: 0022-1945, / web: <a href="http://jicrjournal.com/">http://jicrjournal.com/</a>
5. Sharma, Ankit, 2021 'Importance of Yoga in boosting Immunity', The International Journal of Analytical and Experimental Modal analysis, ISSN NO: 0886-9367, / web: <a href="http://ijaema.com/">http://ijaema.com/</a>
6. Sharma, Ankit, 2021 'प्राण तत्त्व एवं प्राणायाम', Wutan Huatan Jisuan Jishu, ISSN NO: 1001-1749, web: <a href="http://wthtjsjs.co//">http://wthtjsjs.co//</a>
7. Sharma, Ankit, 2022 'योग के विभिन्न रूपों का विश्लेषण', Shodhsamhita, ISSN No. 2277-7067, Volume No. IX, Issue 1, 2022-2023.
8. Sharma, Ankit, 2023 'योग के विभिन्न रूपों का विश्लेषण', Jyotirveda-Prashthanam, ISSN No. 2278-0327, Volume No. 11, Issue 3, August-2022.

### + Conferences/ Seminars / Workshop / FDP attended:

01. Participated in Two-day International Conference on "Yoga for Inclusion and Holistic Approach in Education and Skill Development" Organized by Navyoga Suryoday Sewa Samiti Collaboration with Uttarakhand Ayurveda University, Rishikesh, Uttarakhand.
02. Participated in Five Day 'International Faculty Development Programme' on 'Recent Trends in Yoga' Organized by Degree College of Physical Education, Amravati (M.S.)
03. Participated in 10 Days National Workshop on "Navya-Nyaya Language and Methodology with special reference to Navya- Nyaya Bhasha Pradeepa" Organized by Indian Council of Philosophical Research.
04. Participated in Two-Day Workshop on 'Foundation of Research & Biostatistics: Building Blocks for Effective Health Science Research' Organized by Department of Community Medicine, HIMS, Swami Rama Himalayan University, Dehradun, Uttarakhand.

## **Dr. Saloni Malik, Assistant Professor, HSYS**

### **Journal Publication Details:**

1. Effects of Active Compounds of Nigella sativa in COVID-19: A Narrative Review
2. The Role of Yoga in Hospitalized COVID-19 Patients: An Exploratory Randomized Controlled Trial
3. Effect of Tele yoga Before COVID-19 and During Pandemic: A Narrative Review
4. Exercise Capacity in Patients with Chronic Obstructive Pulmonary Disease Treated with Tele-Yoga Versus Tele-Pulmonary Rehabilitation: A Pilot Validation Study.
5. An Alternative Yogic Approach for Premature Ejaculation-A Narrative Review.
6. Effect of Yagya Science on Environment: A Review.
7. Yoga-based mind-body intervention (MBI) therapy in Rheumatoid Arthritis.
8. Role of yoga therapy in the management of diabetic neuropathy: a review article
9. The role of Aerobic Exercise in Bronchial Asthma: A review
10. Effect Of Various Breathing Techniques on the Quality of Life in Patients with Mild to Moderate Asthma: A Narrative Review
11. Effect of Hatha Yoga on Body Mass Index in Adult Student: A Pilot Study
12. Chair Yoga
13. Effect of yogic management on gastroesophageal Reflux Disease (GERD).
14. The Yogic Concept of Stress and Its Management: A Panchklesha Perspective.
15. Yoga reduces stress among board exam aspirants.
16. Role of yoga nidra in combating perceived stress and anxiety: a review
17. Effect of hatha yoga on body mass index in adult students: A Pilot study.
18. Effect of Pranakarshan Pranayama on self-confidence.
19. Importance of Gayatri mantra virtues on human life.
20. The Self Awareness Questionnaire (SAQ-20) As an Adaptable, Reliable, And Validated tool for Use in Students
21. Effect of Tele-Yoga on Exercise Capacity in Patients with COPD - A Single-Arm longitudinal Study

### **+ Conference Publications:**

1. "Comparison of Teleyoga and Tele PR in patients of COPD in terms of HRV : A RCT"
2. Effect of Tele-Yoga on Exercise Capacity in Patients with COPD – A Single-Arm longitudinal Study
3. Comparison of Teleyoga and Tele PR in patients of COPD in terms of Exercise Capacity: A Pilot Study
4. Comparison of Tele Yoga versus Tele Pulmonary Rehabilitation in patients of COPD in terms of Spirometry over a period of 3 months: A Pilot Study
5. Effect of Gayatri Mantra and Pranayama in Hospitalized COVID-19 patients: An Exploratory RCT
6. Effect of Pranayama on COPD Patients: A Review"



## **Mr. Rahul Baluni, Assistant Lecturer, HSYS**

### **Journal Publication Details:**

1. Dr.Ramnarayan Mishra, Dr.Ankit Sharama & Mr.Rahul Baluni. Study “Prana Tattwa evem Pranayama” Wutan Huatan Jisuan Jishu, UGC –Care- Group –II Journal, ISSN No; 1001-1749 2.
2. Amrita Swaroop Shekhar, Mahalingam Venkateshan, ManoRanjini, Savitri Jugdeo, Rahul Baluni. Study the Effectiveness of Mindful Eating on Quality of Life among Adults with Type 2 Diabetes Mellitus in Selected Hospital of Dehradun, Uttarakhand. International Journal of Nursing Education, April-June 2017, Vol.9, No. 2.
3. Rahul Baluni, “Yogic grantho mein samaadhi evem samaadhi ke roopo ka varnan” Samdarshi ISSN: 2581-3986, Vol 16, Issue September 2023.
4. Rahul Baluni, the Critical Analysis of Prana in Upanishads, International Refereed, Blind Peer-Reviewed Multidisciplinary & Open Access Research Journal, Issue: 4, Vol: 10 Oct-Nov-Dec- 2023, Pages: 29-32, RRSSH, ISSN: 2348-3318.
5. Rahul Baluni, Shalini, “Effect of Nadi Shodhana in Parkinson’s disease” Sangrathan, ISSN: 2278-6880, Volume 25, Issue January 2024.
6. Rahul Baluni, “Tantra Yog mein Dhyaan ke Avadharana” Sangrathan, ISSN: 2278-6880, Volume 25, Issue January 2024.
7. Rahul Baluni, “Yogic Management of Asthma” Sangrathan, ISSN: 2278-6880, Volume 25, Issue January 2024.
8. Rahul Baluni, “Importance of Holistic Health” Sangrathan, ISSN: 2278-6880, Volume 25, Issue January 2024.

### **Conferences/ Seminars / Workshop / FDP attended:**

01. Participated webinar on outcome-based education road-map to E-learning & accreditation on May 29 <sup>th</sup> , 2020
02. Participated in workshop on intellectual property right (IPR)sponsored by Uttarakhand state council for science & technology (UCOST) organized by swami Rama Himalayan university on 27 <sup>th</sup> march 2021
03. Participated FDP on advance concepts of outcomes-based education organized by inPods on oct 8 2021
04. Participated in workshop preparing program and course outcome grid for outcome analysis organized by swami Rama Himalayan university on September 02, 2021
05. Participated in workshop on “management and engineering perspectives in covid-19 pandemic” held on 27 September 2021 at abhilashi university, Himachal Pradesh in collaboration with TR abhilashi memorial institute of engineering and technology, tanda, mandi, HP
06. Participated in the 750 million Suryanamaskara challenge for 21 days organized on the auspicious occasion of the 75 the anniversary of Independence of INDIA.
07. Participated International Faculty Development program on recent trends in yoga from feb 4 <sup>th</sup> to 8 <sup>th</sup> , 2022 organized by Department of yoga of Degree college of Physical Education, Amravati.
08. Participated National Seminar on Social Restructuring Through of yoga (ICPR) on 20 July, 2022. Organized by Himalayan school of Yoga Sciences, Swami Rama Himalayan University.
09. Participated 6 days CME Program on Yoga Therapy for Yoga Therapists/Yoga Teachers, organized by Department of Human Consciousness and Yogic Sciences, Mangalore University, Karnataka.