

DR. KAMAKHYA KUMAR

Objective: *To excel in yogic field with best of efforts.*

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Postal Address: Kanva Bhavan, Gayatrikunj, Shantikunj Haridwar, U.K (249411) India.

Present status:

Associate Professor, Dept. of Yogic Science, Uttarakhand Sanskrit University, Haridwar.

Date of Birth:

Dec 09th, 1975

Educational Background

- Ph.D. (2006): Yogic Science (Title: Psycho-Physiological Changes as related to Yoga Nidra) from Dev Sanskriti University, Haridwar, India.
- M.Sc. (2001): Yogic Science from Bihar Yoga Bharati, Munger, T M B University, Bhagalpur.
- B.Sc. (1996): Botany Hon's from Magadh University, Bodh Gaya, India.

Professional Career

- ☞ **Associate Professor:** since 31st Aug to till date, Pay band: 37,400 – 67,000 (grade pay: 9000).
- ☞ **Associate Professor:** since 24 Sept. 2013 to 30 Aug 2016, Pay band: 15,600 – 39,100 (grade pay: 8000).
- ☞ **Lecturer:** since July 2002 to 24 Sept 2013 (Pay band: 8,000 – 13,500).

Responsibilities:

- ☞ **Teaching:** Post Graduate students (since 2002)
- ☞ **Guide:** Ph. D, Dissertations and Short Research Projects

Teaching Experience at P G Level

Position	Period	Department	Duration
Lecturer	18 th July 2002 to 23 rd Sept. 2013	Human Consciousness & Yogic Science: Dev Sanskriti Vishwavidyalaya, Haridwar	11 years 2 months
Associate Professor	24 th Sept. 2013 to till date	Dept. of Yoga & Health Dev Sanskriti Vishwavidyalaya, Haridwar	2 years 10 months
Associate Professor	31 st Aug. 2016 to till date	Dept. of Yoga Uttarakhand Sanskrit University, Haridwar	
		Total	14 (Fourteen) years

Research Experience

- Co-investigator, in the research project entitled “Effect of Yogic Practices on Cardiac, Autonomic and Metabolic Parameters in patients of Coronary artery Diseases” at **King Jorge Medical University, Lucknow**, Funded by **Central Council of Research in Yoga & Naturopathy**, Dept. of **AYUSH**, Ministry of Health & Family Welfare, **Govt. of India**. Dec 2006-Dec 2009.

Research Supervisor

- **Ph D Guide** at **Dev Sanskriti Vishwavidyalaya**
- **Dissertation** Guided in **Dev Sanskriti Vishwavidyalaya**
 - Sixty (Total) since 2004 to 2016

Coordinator for various projects etc.

University/Department Representative for following projects...

- Organized **International Conference on Yoga and Holistic Health** on 12 -13 March 2016, as organizing secretary, organized by Indian Association of Yoga New Delhi at Hotel Golden Tulip, Opposite: Dev Sanskriti Vishwavidyalaya, Haridwar.
- Participated in the meeting of **Syllabus making committee**, at Sanchi University of Buddhist-Indic Studies 8-10 Feb 2016.
- Organized **National Conference on Yoga for Wellness in Life** on 9- 11 March 2015 as organizing secretary, jointly organized by Indian Association of Yoga New Delhi and Dev Sanskriti Vishwavidyalaya, Haridwar.
- Coordinated the “Six Days **Continuing Medical Education (CME) Program**” for AYUSH Practitioners of Uttarakhand between 5th – 10th June 2011, organized by School of Yoga and Health and Sponsored by **Rastriya Ayurved Vidyapeeth, Dept. of AYUSH** Ministry of Health and Family Welfare, **Govt. of India**,.
- Coordinated the “**One Month Yoga Training Program for School Teachers**” from all districts of Uttarakhand, between 5th Nov to 4th Dec 2009 and all districts of U.P, between 21st Dec 09 to 20th Jan2010, organized by School of Yoga and Health and Sponsored by **MDNIY, Dept. of AYUSH** Ministry of Health and Family Welfare, **Govt. of India**,.
- Participated the Meeting as a resource person in two days program for making curriculum to **Introduce Yoga to Physical Education Teachers**, on 17-18 Sep. 2009 organized by **N C E R T**, New Delhi.
- Attended the Meeting on **National Campaign on Yoga and Naturopathy** organized by **CCRYN**, New Delhi and another meeting over **Yoga Task Force** at **MDNIY** New Delhi On 13th August 2009.
- Participated the Meeting as a resource person in two days program to finalize the **Syllabus for Teachers Yoga Training course**, organized by **Morarji Desai National Institute of Yoga**, New Delhi on 8th and 9th July 2009.
- Conducted the **Yoga Awareness Program for School Children** Organized by School of Yoga & Health, Dev Sanskriti Vishwavidyalaya Haridwar Sponsored by **Morarji Desai National Institute of Yoga**, New Delhi. On 19th Feb 2009.
- Conducted the **Semester Examination** in Dec.2005 as **Deputy Examination Controller** of Dev Sanskriti Vishwavidyalaya Haridwar

- Conducted the **Educational tour** three times as **Tour In-charge** of M.A 2nd Year student of Yogic Science deptt. Dev Sanskriti Vishwavidyalaya Haridwar. Firstly- on 12th to 25th Dec.2003. secondly- 25th Dec.2004 to 5th Jan2005 and thirdly 16th to 27th Dec.2007.
- Conducted the Univ.Team as **Team manager** during **Inter Univ. Yoga Championship** held on Jan2003 at G.N.D.Univ.Amritsar.

Administrative/organizational Experience

- **Chief Coordinator, Center of Complementary & Alternative Medicines**, Dept of Yoga & Health, Dev Sanskriti Vishwavidyalaya, Haridwar since 2007 to 30th Aug 2016.
- **Honorary Advisor, World Yoga Foundation** Kolkata, India
- **Honorary Advisor, Indian Council of Yoga Therapy**, New Delhi, India
- **Member, Indian Association of Yoga**, New Delhi, India
- **Vice President of Prakhar Yoga Samiti**, Haridwar, India
- **Honorary Member**, Srimati Indu Devi Memorial Charitable Trust, Lakhisarai, Bihar.
- **Member** of Research Degree Committee (Yogic Science) Dev Sanskriti Vishwavidyalaya Haridwar.

Editorial Experience

- Chief Editor: **International Journal of Yoga and Allied Science (ISSN: 2278-5159)**; Since 2012, Published by Indian Association of Yoga, New Delhi, Web: www.indianyoga.org
- Chief Editor: **International Journal of Science & Consciousness, (ISSN: 2455-2038)**; since 2015, Published by Research Foundation for Science & Consciousness, Web: www.ijsc.net
- Editor, Journal of Yoga and Physiotherapy, Published by Juniper Publishers, 1890 W Hillcrest Dr Newbury Park, California, Web: www.juniperpublishers.com
- Member of Editorial board: **Journal of Applied Physiology**, published by Department of Physiology, King George's Medical University, Lucknow,
- Reviewer: **Advanced Biomedical Research** published by Med know Publications And Media Pvt. Ltd., Mumbai, India. Website: www.medknow.com
- Reviewer: **Open Journal of Psychiatry & Allied Sciences** published by Academy Publisher on behalf of Academia Dysphrenia. www.dysphrenia.hpage.com

Guest Lecture

- Deliver a lecture on Yoga for Human Excellence, at **Quantum School of Management**, Roorkee on 6th Aug 2016.
- Deliver a lecture as Key speaker during Yoga Fest at **University of Petroleum and Energy Studies**, Dehradun, Uttarakhand on 29th April 2016.
- Deliver a series of lecture as resource person in Dept. of Yoga, **Dr Hari Singh Gaur Central University**, Sagar (M P) on 5th – 7th Feb. 2016.
- Deliver a series of lecture as resource person in **UGC Human Resource Development Centre**, Lakshmi Bai National Institute of Physical Education, (Deemed University) Gwalior, (M P) on 31st Oct. 2015.

- Deliver a series of lecture as resource person in Dept. of Yoga, **Dr Hari Singh Gaur Central University**, Sagar (M P) on 7th – 8th Nov. 2014.
- Deliver a series of lecture as resource person in Dept. of Yoga, **Dr Hari Singh Gaur Central University**, Sagar (M P) on 14th and 15th Sept. 2012.
- Deliver a series of lecture for a **UGC Sponsored Refresher Course** at **Academic Staff College B R Ambedkar Bihar University**, Muzaffarpur on 17th , 18th and 19th Apr. 2012.
- Deliver a lecture as resource person in “**Six Days Continuing Medical Education (CME) Program**” for AYUSH Practitioners on 23rd May 2011, organized by Dept. of Human Consciousness and Yogic Science, **Gurukul Kangri Vishwavidyalaya, Haridwar**.

Presentations / Talks in Conferences / Seminars:

1. Delivered a talk on “Yoga Therapy : Concept and Approach” as invited Speaker during the **4th CDMH Meeting on Developing the International Journal of Child Development and Mental Health** organized by Rajanagarindra Institute of Child Development, Department of Mental Health, Ministry of Public Health, Thailand at **Empress Hotel Chiang Mai, Thailand** 26-27 May 2016.
2. Conducted a session over “Yoga Nidra and Mental Health” in **International Workshop on Yoga and Mental Health**, Organized by Dev Sanskriti Vishwavidyalaya **Haridwar** between 7 - 11 Oct 2015.
3. Deliver a talk over “Yoga Nidra: its Approach and application” in **International Festival of Yoga, Culture and Spirituality** Organized by Dev Sanskriti Vishwavidyalaya **Haridwar** between 2 – 6 Oct 2015.
4. Delivered a talk on “Origin and Application of Yoga Nidra” in **National Symposium on Healthy Yoga Lifestyle – for Prevention of Lifestyle diseases & CME Program** on – Role of Yoga, Nature, Nutrition and Meditation in Promotion of Holistic Health, Arogyadham, Mahatma Gandhi Institute of Medical Sciences, Sevadram Wardha, Maharashtra between 10 – 11 Sept 2015.
5. Delivered a talk on “Scientific Basis of Yoga” in **CME Program on - Yoga: An Art of healthy living** at **King George Medical University**, Lucknow on International Yoga Day, 21st June 2015.
6. Chaired a session in **National Seminar on Yogic Management of Life Style Disorder** organized by Dept. of Human Consciousness and Yogic Sciences at **Gurukul Kangari Vishwavidyalaya, Haridwar, India** between 30 – 31 March 2015.
7. Chaired a session and delivered the invited talk in **International Conference on Yoga Therapy for Stress Disorder** organized by Dept. of Human Consciousness and Yogic Sciences at **Manglore University, Karnataka, India** between 3 – 5 Feb 2015.
8. Chaired a session and presented a paper in **1st International Conference on Yoga for the Youth** organized by Dept. of Naturopathy and Yoga, **H N B Garhwal University Srinagar Garhwal, Uttarakhand** on 30th January 2015.
9. Conducted a workshop in **International Festival of Yoga, Culture and Spirituality** Organized by Dev Sanskriti Vishwavidyalaya **Haridwar** between 2 – 6 Oct 2014.
10. Delivered a talk as invited speaker in **National Yoga Week** on Yogic management of Youth anxiety between 12-18 Feb 2014; Organized by Morarji Desai National Institute of Yoga, New Delhi.

11. Delivered a talk “A study of the effectiveness of the Meditative technique Savita Dhyana: Psycho-physiological Approach” as invited speaker in National Seminar on “Schools of Meditation and Indigenous Therapy Systems” organized by **Jain Vishwa Bharati University, Ladnun, Rajasthan**. Between 15 – 17 Oct 2013.
12. Chaired a session and presented a paper in **National Conference on Yoga Therapy-2013** organized by Dept. of Human Consciousness and Yogic Sciences at **Manglore University**, Karnataka, India between 18- 19 Jan 2013.
13. Participated in Second **International Conference on Yoga for Health and Social Transformation** organized by Patanjali Research Foundation, Haridwar, Uttarakhand between 7th – 10th Jan 2013.
14. Participated in a workshop on Preparation of Study Material for P G Diploma Yoga (Distance Mode) at **Rastriya Sanskrit Samsthan, New Delhi** between 26th – 30th Nov. 2012
15. Conducted a workshop on **Principles and application of Yoga Nidra in International Festival of Yoga, Culture and Spirituality** Organized by Dev Sanskriti Vishwavidyalaya Haridwar between 2-6 Oct 2012.
16. Chaired a session and presented a paper in 6th **International conference of World Council for Psychotherapy** (Asian Chapter) & 5th International Conference of Yoga and Psychotherapy Association of India on “**Science of Consciousness, Psychotherapy & Yoga Praxis**” organized by Special Center of Sanskrit Studies, **Jawaharlal Nehru University, New Delhi**, between **24-26** September 2012.
17. Chaired a session in International Conference on “**Veda and Thought Revolution**” organized by **World Association of Vedic Studies (WAVES) USA** at Dev Sanskriti Vishwavidyalaya **Haridwar** between 14- 17th Mar 2012.
18. Delivered a talk in National Seminar on “Promotion of Parapsychological Abilities and Consciousness through Meditation” organized by **Jain Vishwa Bharati University, Ladnun, Rajasthan**. Between 19-21 Jan 2012.
19. Chaired a session and Deliver a talk in National Seminar on “Science of Consciousness & Yoga Traditions” organized by **Dr Harisingh Gaur University, Sagar, MP**. between **16-17** December 2011
20. Worked as member of organizing committee and delivered a talk on **Principles of Yoga Therapy in International Festival of Yoga, Culture and Spirituality** Organized by Dev Sanskriti Vishwavidyalaya **Haridwar** between 2-6 Oct 2011.
21. Deliver a talk as invited speaker in **International Symposium on Yogism** organized by **Mahatma Gandhi Institute of Medical Science, Sevagram, Vardha, Maharashtra**, between 6 - 7 Dec 2010.
22. Worked as member of organizing committee in **International Festival of Yoga, Culture and Spirituality** Organized by Dev Sanskriti Vishwavidyalaya **Haridwar** between 8-13 Mar 2010.
23. Worked as **Moderator** and Presented a paper in the **National seminar on Value Based Education** between 3-4 Oct 2009; Organized by Dev Sanskriti Vishwavidyalaya **Haridwar**.
24. Worked as **Moderator** and Presented a paper in the **National Yoga Week** between 16-22 Feb 2009; Organized by Morarji Desai National Institute of Yoga, New Delhi.
25. Presented a paper entitled A Study of the Effect of Yoga & Panchkarma Package on Blood Uric Acid Level of Gout Patients in the seminar **Traditional Knowledge System**,

- Intellectual Property Rights and their Relevance for sustainable Development** organized by NISCAIR New Delhi, between 24-26 Nov. 2008.
26. Worked as **Moderator** and Presented a paper in the **National Yoga Week** between 25-29 Feb 2008; Organized by Morarji Desai National Institute of Yoga, New Delhi.
 27. Worked as **Moderator** and addressed in **National Conference on Yoga and its relevance in 21st Century** between 16-17 March 2007; Organized by Yoga Dept, Gujrat Vidya Peeth, Ahmedabad.
 28. Worked as **Moderator** and Presented a paper in the **National Yoga Week** between 12-16 March 2007; Organized by Morarji Desai National Institute of Yoga, New Delhi.
 29. Presented a research paper entitled **“Psychological View of Corruption & Its Management through Yoga”** in the National Seminar on **Corruption in India: Origin, Causes & Solution** between 01-02 Oct.2004 at Dev Sanskriti Vishwavidyalaya Haridwar.
 30. Participated in **14th International seminar on Frontiers in Yoga Research and Applications** betwee18-21 Dec.2003 organized by Swami Vivekanand Yoga Anusandhana Samsthana, Bangalore.
 31. Presented a research paper entitled **“Need of Yoga in Higher Education”** in the National Seminar on **Quality of Higher Education in General & Uttaranchal in Particular** between 28-29 Jul.2003 organized by Dev Sanskriti Vishwavidyalaya Haridwar.
 32. Participated in the workshop **Scientific Technical Terminology** organized by Department of Secondary & Higher Education, Ministry of Human Resources Development, Govt of India (Between 2-3 May 2003) at Dev Sanskriti Vishwavidyalaya Haridwar

LIST OF BOOKS AUTHORED

1. **Kamakhya Kumar & Ajay Bharadwaj; Human Consciousness and Yogic Science**, D K Print world, Delhi; (ISBN: 978-81-246-840-1) Published in the Year 2016.
2. **Kamakhya Kumar; Yoga Psychology: A Handbook of Yogic Psychotherapy**; D K Printworld, Delhi; (for Hardbound 10 Digit ISBN: 8124607117 and 13 Digit ISBN: 9788124607114. for paperback 10 Digit ISBN: 8124607125 and 13 Digit ISBN: 9788124607121) Published in the Year 2013.
3. **Kamakhya Kumar; A Handbook of Yoga Nidra**, D K Printworld, Delhi; (for Hardbound 10 Digit ISBN: 8124606854 and 13 Digit ISBN: 9788124606858. for paperback 10 Digit ISBN: 8124606862 and 13 Digit ISBN: 9788124606865) Published in the Year 2013.
4. **Kamakhya Kumar; Yoga Education: A Text Book**, Shipra Publication, Delhi; ISBN 9788175416222(HB); 9788175416239(PB); Published in the Year 2012.
5. **Kamakhya Kumar; Manav Chetana Evam Yoga Vigyan** (Hindi), Drolia Pustak Bhandar, Haridwar, ISBN 978-81-920092-0-9 (PB); Published in the Year 2010.
6. **Kamakhya Kumar and Bhanu Joshi; Yoga Rahasya** (Hindi), Standard Publishers India, New Delhi; ISBN 978-81-87471-49-3 (HB); Published in the Year 2009.
7. **Kamakhya Kumar; Super Science of Yoga**, Standard Publishers India, New Delhi; ISBN 81-87471-40-9 (HB); Published in the Year 2008.
8. **Kamakhya Kumar; Yoga Mahavigyan** (Hindi), Standard Publishers India, New Delhi; ISBN 81-87471-59-2 (HB); Published in the Year 2007.

9. **Kamakhya Kumar; Yoga Therapy, Dev Sanskriti Vishwavidyalaya, Haridwar on 11th July 2006.**
10. **Kamakhya Kumar; Yoga Chikitsa Sandarshika (Hindi), Dev Sanskriti Vishwavidyalaya, Haridwar on 29th June 2004.**
11. **Kamakhya Kumar; Yoga and Health: A text Book, Shipra Publication, Delhi; (In press)**

LIST OF RESEARCH PAPERS & ARTICLES

1. Chandrakar, R., Kumar, K., & Verma, S., The psycho-spiritual effects of punsavan sanskara on pregnant mother and foetus, **International Journal of Science and Consciousness**, Vol: 2, Issue 3 Aug 2016 pp: 01-12. **ISSN:2455-2038**
2. Chandrakar, R., Kumar, K., & Chandrakar, P., To Study the Effect of Integrated Yoga Practices on Stress during Pregnancy, *Imperial Journal of Interdisciplinary research* , Vol: 2, Issue: 9, 2016 pp: 908-13, **ISSN: 2454-1362**
3. Verma, S., Kashyap, G K., Kumar, K., Can Pranakarshan Pranayam helps to cope up with stress? **International Journal of Science and Consciousness**, Vol: 2, Issue 2 June 2016 pp: 38-45. **ISSN:2455-2038**
4. Patel, S. & Kumar, K. A study on the effect of Yoga and diet-control on Body mass index and cholesterol level of the Obese Youth **International Journal of Science and Consciousness**, Vol: 2, Issue 1 March 2016 pp: 13-17. **ISSN:2455-2038**
5. Kumar K, Approach of Yoga based lifestyle towards Social adjustment among Students, **International Journal of Yoga and Allied Sciences**, Vol. 5, No. 1, 2016. pp:18-23. **ISSN: 2278-5159**
6. Kumar K, Vedic Mantras: an influential factor for Spiritual Health, **International Journal of Science and Consciousness**, Vol: 1, Issue 2 Oct- Dec 2015 pp 9-14. **ISSN:2455-2038**
7. Kumar K, Origin and Application of Yoga Nidra, Proceedings of **National Symposium on Healthy Yoga Lifestyle - for Prevention of Lifestyle diseases & CME Program on – Role of Yoga, Nature, Nutrition and Meditation in Promotion of Holistic Health**, Arogyadham, Mahatma Gandhi Institute of Medical Sciences, Sevagram Wardha, Maharashtra, 10 – 11 Sept 2015.
8. Kumar K, Phenomenon of Consciousness and its approach to Meditation, **International Journal of Science and Consciousness**, Vol: 1, Issue 1, July- Sep. 2015, pp7-12. **ISSN:2455-2038**
9. Kumar K, Scientific Basis of Yoga; **Souvenir of CME Program on Yoga: An Art of healthy living**, organized by King George Medical University, Lucknow, 21st June 2015.
10. Kumar K, A study on the effect of Yogic Intervention on Occupational stress level of Working Women; **International Journal of Yoga and Allied Sciences**, Vol. 4, No. 2, 2015. pp 110 - 115. **ISSN: 2278-5159**
11. Kumar K, Effect of Yogic Intervention on General Body weight of the subjects: A study report; **International Journal of Yoga and Allied Sciences**, Vol. 4, No. 1, 2015. pp 11-14. **ISSN: 2278-5159**
12. Kumar K; Relax Through Yoga Nidra; *Nisargopchar Varta*, Vol. 6, No. 10, 2014. pp 30-33.

13. Kumar K; Current issues in Science of Consciousness and Yoga; **International Journal of Yoga and Allied Sciences**, Vol. 3, No. 2, 2014. pp 93 - 97. **ISSN: 2278-5159**
14. Kumar K & Tiwary S; Academic Anxiety among Student and the Management through Yoga; **International Journal of Yoga and Allied Sciences**, Vol. 3, No. 1, 2014. pp 50-53. **ISSN: 2278-5159**
15. Kumar K; A Study of the Effect of Yogic intervention on Anxiety among Youth, Souvenir of **National Yoga Week 2014**; Organized by Morarji Desai National Institute of Yoga, New Delhi between 12-18 Feb 14. pp 23-25.
16. Kumar K; A Study of the Effect of Yogic intervention on Blood uric acid Level in Gout Patients; **International Journal of Yoga and Allied Sciences**, Vol. 2, No. 2, 2013. pp 104-108. **ISSN: 2278-5159**
17. Anvita Singh, V.P. Sharma, J.K. Trivedi, Rakesh Shukla, Sunita Tiwari & Kamakhya Kumar Yogic Practices can improve the bladder functions in incomplete spinal injury patients, **Reviews of Progress: International weekly Medical Research Journal**, Vol: 1 Issue: 22, 25 Sept. 2013. pp 1-5.
18. Pokhriyal K P & Kumar K; Effect of Shatkarma practices on serum glucose and serum cholesterol level of the Human subjects: an Observation; **International Journal of Yoga and Allied Sciences**, Vol. 2, No. 1, 2013. pp 10-13. **ISSN: 2278-5159**
19. Kumar K; **Significance of Nadi Sodhan and Kapalbhathi on forced ventilation capacity (FVC), maximum voluntary ventilation (MVV) and picks expiratory flow rate (PEFR)**; **Indian Journal of Traditional Knowledge**; N I S C A I R, New Delhi Vol. 12, No.2 Apr 2013.pp 342-45.
20. Kumar K; **Effect of Yogic Intervention on Adolescent's Intelligence and Well Being** Souvenir of **National Yoga Week Feb 2013**; Organized by Morarji Desai National Institute of Yoga, New Delhi.
21. Pokhriyal K P & Kumar K; **A study on the effect of Hatha Yogic Practices on Body weight of the Human subjects**, **ACADEMICIA** Volume 3, Issue 2 (February, 2013) pp 257-61.
22. Kumar K; **Manage the psycho-complexities through Yoga Nidra**; Proceedings of National conference on Yoga Therapy, organized at **Manglore Univ.** 18- 19 Jan 2013 pp 26 – 31.
23. Negi A & Kumar K; **A Study on the Effect of Yogic Intervention on R A Factor in Gout Patients**; **International Journal of Yoga and Allied Sciences**, Indian Association of Yoga, New Delhi Vol. 1, No. 2 Dec. 2012. pp 126-130.
24. Kumar K; **Yogic Intervention and its Effect on General Well Being**; **International Journal of Yoga and Allied Sciences**, Indian Association of Yoga, New Delhi Vol. 1, No. 2 June 2012. pp 150-155.
25. Kumar K; **A Study on the Effect of Yogic intervention on serum glucose level on Diabetics**; **International Journal of Yoga and Allied Sciences**, Indian Association of Yoga, New Delhi Vol. 1, No. 1 June 2012. pp 68-73.
26. Anvita Singh, VP Sharma, JK Trivedi, Rakesh Shukla, SunitaTiwari & Kamakhya Kumar, **Effect Of Yogic Practices On Autonomic Function Examination (Afe) Scale Level In Incomplete Spinal Cord Injured Patients: A Randomized Controlled Trial** Indian J. Prev. Soc. Med. Vol. 43 No.4, 2012 pp456-60.
27. Kumar K; **A study on the impact on ESR level through Yogic Relaxation Technique Yoga nidra**; **Indian Journal of Traditional Knowledge**; N I S C A I R, New Delhi Vol. 11, No.2 Apr 2012. pp 358–61.

28. Kakkar D & Kumar K; **Effect of Bhoot Suddhi Kriya on EEG Alpha; Yoga Mimansa**, Kaivalyadham Lonavala, Maharashtra Vol. 43, No 4. pp 310-15.
29. Kumar K; **Effect of Learning Music as a Practice of Nada Yoga on EEG Alpha and General Well Being; Yoga Mimansa**, Kaivalyadham Lonavala, Maharashtra Vol.43 No.3 **2011**. pp 215-20.
30. Kumar K; **Self Management through Psycho-spiritual Techniques**; SEVAMED (Oct 2011) 10 (4) pp1-2.
31. Pal A, Kumar K; **Effect of Yogic Practices on lipid profile and body fat composition in patients of coronary artery disease**; Complementary Therapies in Medicine (June 2011) **19**, (3) 122—127.
32. Kumar K; **Introduction to Patanjali Yoga; Nature & Wealth, Vol. X, no. 2**; Apr- June 2011 pp 9-10.
33. Kumar K; **Yagyopathy: A New Dimension of Research in Therapy System; Nature & Wealth, vol X no.1**; Mar 2011.
34. Kumar K; **Pragya Yoga**; Seva Chetana, Vol 11, No 1 (2011) 164 - 166
35. Kumar K & Kulsrestha A; **Laghu Samkha Prakshalana: Is It an Influential factor in General Health Status; Yoga Mimansa**, Kaivalyadham Lonavala, Maharashtra **Vol. 42 No.4** – Jan 2011.
36. Kumar K; **Strengthen the Education System Through Yogic Intervention**; (Book Chapter) **Yoga Education**, A.P.H Publishing Corporation, New Delhi , 2011
37. Kumar K; **Psychological Changes as related to Yoga Nidra; International Journal of Psychology: A Biopsychosocial Approach** Publisher: Vytautas Magnus University Lithuania 2010 (6) pp 129-137
38. Kumar K; **Stress free life through Yoga Nidra**; Souvenir, International Symposium on Yogism (Dec 2010) 36-38
39. Kumar K; **Essence of Integral Yoga of Sri Aurobindo**; **Nature & Wealth**, vol IX no.3; Jul 2010.
40. Kumar K, Sharma C & Kumar A; **A Study on the Effect of Neti on Optic Nerve Conduction Velocity**; **Yoga Mimansa**, Kaivalyadham Lonavala, Maharashtra Vol.42 No.1 - **April 2010**.
41. Kumar K; **Experience Swadhyaya for Healthy Mind**; **Nature & Wealth**, vol IX no.2; Apr 2010.
42. Kumar K; **Reversing the Ischemic Heart Disease through Yogic Relaxation** Souvenir of **National Yoga Week Feb 2010**; Organized by Morarji Desai National Institute of Yoga, New Delhi.
43. Kumar K; **Practice of Yoga to Improve Moral Values in Children's Education System**; **Nature & Wealth**, vol IX no.1; Jan 2010
44. Kumar K; **A Study on the Effect of Yogic Intervention on Anxiety**, **Yoga Vijnan, M.D.N.I.Y, New Delhi Vol. 3 (Combined Issue 1, 2, 3 & 4) 2009-10** pp 60-63.
45. Kumar K; **Yagyopathy: Importance and Application**; **Nature & Wealth**, vol VIII no.4; Oct 2009.
46. Kumar K & Joshi B; **Study on the Effect of Pranakarshan Pranayama & Yoga Nidra on Alpha EEG & GSR. ; Indian Journal of Traditional Knowledge**; N I S C A I R, New Delhi Vol. 8, No.3 July 2009. pp. 453-454)
47. Kumar K; **So- Ham Meditation: Anti Stress Mechanism**; **Nature & Wealth**, vol VIII no.3; July 2009.

48. Kumar K; **Practice of Nada Yoga to Reduce Stress; Nature & Wealth**, vol VIII no.2; Apr 2009.
49. Kumar K; **School Going Children and Shaping their Personality Souvenir of National Yoga Week 2009**; between 16-22 Feb 09 Organized by Morarji Desai National Institute of Yoga, New Delhi.
50. Kumar K; **Reversing the Ischemic Heart Diseases through Yoga Nidra; Nature & Wealth**, vol VIII no.1 Jan 2009.
51. Kumar K; **A Holistic Approach to Stress Management; Nature & Wealth**, vol VII no.4; Oct 2008.
52. Kumar K; **A study on the impact on Stress & Anxiety through Yoga Nidra; Indian Journal of Traditional Knowledge; N I S C A I R New Delhi Vol. 7, No.3 July 2008.** pp. 405-409)
53. Kumar K; **Trataka Its Importance and Application; Nature & Wealth**, vol VII no.3; July 2008.
54. Kumar K; **Effect of Yogic Practices on Lipid Profile in Patients of Coronary Artery Disease; Yoga Vijnan, M.D.N.I.Y, New Delhi Vol. 2 Issue 1 & 2. 2008**
55. Kumar K; **Effect of Yogic Package on the Patients of Diabetes mellitus; Souvenir of National Yoga Week 2008**; Organized by Morarji Desai National Institute of Yoga, New Delhi.
56. Kumar K; **Complete the course of Sleep through Yoga Nidra ; Nature & Wealth**, vol VII no.1; Jan 2008.
57. Kumar K; **Improving Mental Health through Mantra Yoga ; Yoga Magazine (Body Mind Spirit)**; Published from York Street, London; Issue 55 Aug. 2007 pp: 60-62.
58. Kumar K; **Awakening of Kundalini through Yoga; Nature & Wealth**, Vol VI no.3; July 2007.
59. Kumar K; **Just Breath: Improve Your Respiration through Yogic Breathings ; Yoga Magazine (Body Mind Spirit)**; Published from York Street, London; Issue 53 June 2007 pp: 66-68.
60. **Pandya P & Kumar K; Yoga Nidra & Its impact on Human Physiology; Yoga Vijnan, M.D.N.I.Y, New Delhi Vol. 1 Issue 1, (2007) pages 1-8.**
61. Kumar K; **Spiritual Health through Yoga; Nature & Wealth**, Vol VI no.2; Apr 2007.
62. Kumar K; **The Healing Sleep; Yoga Magazine (Body Mind Spirit)**; Published from York Street, London; Issue 50 March 2007 pp: 42-44.
63. Kumar K; **Effect of Mantra on Mental Health; Nature & Wealth**, Vol VI no.1; Jan 2007.
64. Kumar K; **A study of the improvement of physical mental health through Yoga nidra**; Dev Sanskriti Inter-disciplinary Research Journal, Vol. 4, Issue 4; (2006) 39-46.
65. Kumar K; **Meditation it's Advantages & Application; Nature & Wealth**, Vol V no.3; July 2006.
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Broadcasted Talks from All India Radio			
Sr. No	Date	Topic	Program and station
1.	18 th June 2016	International Yoga Day Special	Radio Bridge Program All India Radio Delhi
2.	20 th June 2015	Yoga for Youth fitness	Yuvvani program All India Radio, Najivavad.
3.	30 th July 2012	Importance of Yoga in goal achievement	-Do-
4.	26 th Jul 2010	Yoga and Youth	-Do-
5.	26 th Dec 2009	Yoga and its application in Women's Health	Mahila Jagat program AIR, Najivavad.
6.	26 th Dec 2008	Women's Health & Yoga	- Do-
7.	19 th May 2008	Health Tips	Swasthya Charcha program All India Radio, Najivavad.
8.	30 th Oct 2007	Yoga for Women's Health	Mahila Jagat program All India Radio, Najivavad.
9.	27 th March 2007	Migraine and depression & its Yogic Management	- Do-
10.	29 th Sept2006.	Backache & it's Yogic Management	- Do-
11.	3 rd Jan 2006	Mental depression & it's Yogic Management	- Do-
12.	28 th July 2005	Scope of Yogic studies for Youth	Yuvvani program AIR, Najivavad.
13.	10 th Feb 2005	Yoga and health	- Do-
14.	22 nd June 2004	Youth problem and yoga	- Do-

Summary:

My doctorate is in the area of Yogic Science for the work “Psycho-physiological Changes as Related to Yoga Nidra” and got the award in the auspicious presence of President of India H H. **Dr. A. P. J. Abdul Kalam** on 9th Dec 2006.

I am working with the Uttarakhand Sanskrit University, Haridwar (India) as **Associate professor** in **Dept. of Yogic Science** since 31st August 2016. Previously I worked for Dev Sanskriti Vishwavidyalaya, Haridwar (India) as **Associate professor** in **Dept. of Yoga & Health** since Sept. 2013. I have been working with the same department since July 2002 as lecturer and teaching the post graduates for fourteen years. Apart from that I have the additional charge of **Center of Complementary and Alternative Medicine** as Chief coordinator since 2007.



I have authored ten Books over Yogic Science including **Human Consciousness and Yogic Science**, **Yoga Psychology: A Handbook of Yogic Psychotherapy**; **A Handbook of Yoga Nidra**; **Yoga Education: A Text Book**; *Manav Chetana Evam Yoga Vigyan* (Hindi); *Yoga Rahasya* (Hindi); **Super Science of Yoga**; *Yoga Mahavigyan* (Hindi); **Yoga Therapy**; *Yoga Chikitsa Sandarshika* (Hindi); **Human Consciousness and Yogic Science** and **Yoga & Health: A text Book**; and more than fifty research papers published in different National and International Journals. I also delivered lectures for various institutions and broadcasted a series of talks over Yoga and Health related Problems on All India Radio.

I have a keen interest in the area of research particularly the multidirectional aspects and psycho-spiritual facts of Yoga. Presently I am writing over Yoga and Self Management.

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