

Faculty Profile



Name	Dr Meenakshi		Date of Birth	15.07.1988				
Designation	Assistant Professor		Date of holding present position	25.11.2024				
Department	Yoga Education							
School	School of Education							
Contact Details	Phone no.- 6360064465	Email id- ap_meenakshi@dhsu.edu.in						
Educational Qualification	BAMS, MD(Yoga & Rehabilitation), PhD(Yoga), MS(Counselling & Psychotherapy), Diploma in Yoga & Naturopathy, NET (Yoga)							
Research Area	Yoga Therapy , Yoga For Non Communicable diseases, Yoga for Metabolic Disorders							
Summary of Publications	Research Papers	17	Book Chapters	1	Conferences	2	Projects	2

Publications

1	Chobe, M. P., Nanjundaiah, R. M., Prof, Chobe, S., Dr, & Raghuram, N., Dr (2023). Effect of yoga on adipokine levels among overweight and obese people: A systematic review. Journal of Ayurveda and integrative medicine, 14(6), 100813.
2	Chobe, S., Chobe, M., Metri, K., Patra, S. K., & Nagaratna, R. (2020). Impact of Yoga on cognition and mental health among elderly: A systematic review.
3	Chobe, M. P., Nanjundaiah, R. M., & Chobe, S. (2021). Designing and validation of a yoga-based module for obesity with metabolic comorbidities. Journal of Complementary and Integrative Medicine, 18(1), 159-163.
4	Chobe, S., Patra, S. K., Chobe, M., & Metri, K. (2020). Effect of integrated Yoga and Ayurveda Rasayana on cognitive functions in elderly with mild cognitive impairment. Journal of Ayurveda and Integrative Medicine.
5	Dr. Shivaji Chobe; Meenakshi P. Chobe. (2021). Impact of covid-19 on economy, business, education and social life: Yoga for Immunity Enhancement to Protect Against Infections and Covid-19, Kripa Drishti Publications, Pune, Vol.3, Ed.3, 38-43
6	Meenakshi PC, Divyalakshmi GK and Shivaji VC. (2021). Effect of Mind Sound Resonance Technique (MSRT)-Yoga Based Relaxation Technique on Sleep Quality and Mental Health in its Professionals: A Pilot Study. Ann Yoga Phys Ther, 5(1): 1045
7	Chobe, M. P., & Chobe, S. V. (2021). Hypothetical model for explaining yoga mediated modulation of pathways implicated in obesity. Indian Journal of Traditional Knowledge(IJTK), 20(3), 638-643.
8	Chobe, M. P., Nanjundaiah, R. M., & Chobe, S. (2022). Effect of Yoga on Sleep, Self- Esteem and Wellbeing Among Overweight and Obese–A Randomized Controlled Trial. Indian Journal of Science and Technology, 15(43), 2297-2302.
9	Chobe, M., Chobe, S., Dayama, S., Singh, A., Metri, K., Basa, J. R., ... & Raghuram, N. (2022). Prevalence of Non-Communicable Diseases and Its Associated Factors Among Urban Elderly of Six Indian States. Cureus, 14(10).
10	Chobe, M., Ram, A., Rao, R., & Chobe, S. (2022). Evaluation of the effect of yoga on symptom burden and quality of life impairment in head-and-neck cancer patients receiving radiotherapy. Journal of Precision Oncology, 2(2), 95-101.
11	Meenakshi, Shivaji Chobe, Hemant Bhargav. Clinical Roundup – Selected Treatment Options for Rheumatoid

	Arthritis: Integrated Approach of Yoga Therapy. Alternative and Complementary Therapies.2016.
12	Meenakshi, Shivaji Chobe. Clinical Roundup – Selected Treatment Options for Movement Disorders: Integrated Approach of Yoga Therapy. Alternative and Complementary Therapies.2017.
13	Meenakshi, Shivaji Chobe. Clinical Roundup – Selected Treatment Options for Smoking addiction: Integrated Approach of Yoga Therapy. Alternative and Complementary Therapies.2018.
14	Meenakshi, Shivaji Chobe. Clinical Roundup – Selected Treatment Options for Multiple Sclerosis: Integrated Approach of Yoga Therapy. Alternative and Complementary Therapies. 2019.
15	Meenakshi, Shivaji Chobe. Clinical Roundup – Selected Treatment Options for Stroke: Integrated Approach of Yoga Therapy. Alternative and Complementary Therapies.2019.
16	Meenakshi, Nagendra Jain.(Jun 2019) Effect of Yoga on the Psychological Wellbeing In Inmates of Tezpur Central Jail. International Journal of Research and Analytical Reviews.6;2.
17	Shivaji Chobe, Meenakshi. (2020) Clinical Roundup – Selected Treatment Options for Overactive Bladder: Integrated Approach of Yoga Therapy. Alternative and Complementary Therapies.

Conference Presentation, Workshops & Camps Conducted

1.	Stop Diabetes Movement’ Yoga Camp at Belgaum, Karnataka and Chikhali, Maharashtra; 2014
2.	Yoga For Special Senses’ workshop at International Ayurvedic Conference ‘Shalakya Manthana’ Belgaum;2015
3.	2nd International Yoga Day workshop in Symbiosis International College, Bangalore;2016
4.	3rd International Yoga Day workshop in ISRO, Bangalore;2017
5	4th International Yoga Day workshop in Central University of Rajasthan, Ajmer;2018
6.	Relationship of Quality Of Life and Symptom Burden in Head & Neck Cancer patients undergoing chemo-radiotherapy with their Yoga Perceptions in Bangalore; International Conference on Frontiers in Yoga Research (INCOFYRA);2018
7.	Yoga and Ayurveda for cancer, on Symptom Burden and Quality of Life Impairment in Head&Neck Cancer patients undergoing radiotherapy and its Relationship with Perceptions of Yoga and Intervention; International conference in Integrative medicine;2020

Research Projects

1	Understanding the molecular basis of effect of yoga on overweight and obese population: a randomized controlled trial.(2018-2022)- Funded by DST under Women Scientists Scheme-B
2	Relationship of Quality Of Life and Symptom Burden in Head & Neck Cancer patients undergoing chemo-radiotherapy with their Yoga Perceptions”. (At HCG Cancer Care Hospital Bangalore) (2015-2016)