

CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

- Thrust area of current research and department contribution:

Yoga being a subject of varied interest has gained worldwide popularity. Recent scientific research trends have shown that it can serve as an applied science in a number of fields such as: Traditional & Scientific studies related to Health and family welfare, Therapy and medicine, Education. It is proposed to undertake studies/educate the students in the above mentioned areas.

• 3.1.2 Number of JRFs, SRFs, Post Doctoral Fellows, Research Associates and other fellows in the Institution enrolled during the year		
Name of Research fellowship	Duration of fellowship	Funding agency
Komal Saini	From 2019	UGC
Jyoti Sharma	From 2019	UGC
Sachin Bhardwaj	From 2020	UGC
Pravesh Jatav	From 2020	UGC
Sachin Bhardwaj	From 2021	UGC

3.4 Research Publications and Awards

PhD in Yoga Edu. Degree awarded from 2015-2020:

Name	Year	Topic of Dissertation	Supervisor
Brijesh Singh	2017	प्राणायाम और त्राटक का इंजीनियरिंग विद्यार्थी के सृजनात्मक क्षमता पर पढ़ने वाले प्रभाव का अध्ययन	Dr. Arun K Sao
Naveen Kaushik	2017	स्वर योग के शास्त्रों का समीक्षात्मक अध्ययन	Prof. G. S. Giri
Shraddha Solanki	2020	महिला कैदियों पर योगाभ्यास के प्रभाव का अध्ययन	Prof. G. S. Giri
Ankit Sharma	2020	तंत्रयोग में नाद का विवेचनात्मक अध्ययन	Prof. G. S. Giri

Year(From 2016 to 2021)	(Name of the author(s), title, name of the journal, vol. no. , page no., Month/year, ISSN and impact factor, if any)
2017	Arun K. Sao - Yogic Management of Psychological Disorders Related to BPO Sector. International Journal of Creative Thought (IJCRT) (ISSN: 2320-2882, Dec. 2017, 5(4); (P) 2070-2077).
2017	Sao, Arun K. – Effect of Pragya Yoga on Emotional Stability of Students. International Journal of Research (IJR) (ISSN: 2348-6848, Nov. 2017, 4(14); (P) 5386-5392) UGC Approved List S. No.-44396 Pen2 print. Publication New Delhi.
2018	Sao, Arun K. – Effect of Selected Mantra on Creativity of Adolescent International Journal of Research (IJR) (ISSN: 2348-6848, Jan. 2018, 5(2); (P) 600-608) UGC Approved old List S. No.-44396 Pen2 print. Publication New Delhi
2019	Ankit Sharma & Ganesh Shankarm –Bhartiya Sanskriti me Tantra Yoga ki Avadharana avm Bhrantiyan, Review of Research vol. 8, Issue 8, May 2019.
2019	Sao, Arun K. – Aadhunik Jivan Shaili Ke Paripeksha MeYoga Ki Upadeyata. Drishtikon: Bimonthly Hindi Journal (ISSN: 0975-119X, Sep.-Oct. 2019, 11(5); (P) 80-85) UGC Approved Care List S. No.-43 Group D, Drishtikon Prakashan.
2020	Dr. Arun Kumar Sao–Kundalini: Swarup, Jagaran Avm Phalasruti. Sahitya Samhita: Peer Reviewed Hindi Journal, ISSN: 2454–2695, Vol. 6 Issue 3 March 2020 Pp.-1-15
2020	Jyoti Shrma & Ganesh Shankar- Vasishtha Samhita Mein Yama Aur Niyam ka Swarup Ek Adhyayan, International Journal of Hindi Research, ISSN 2455-2232, Vol.6 (5), 2020, Pp. 134 -136.
2020	Jyoti Shrma & Ganesh Shankar- Hathayogic Granthon Mein Pratyahar ka Swarup, International Journal of Hindi Research, ISSN 2455-2232, Vol.6 (5), 2020, Pp. 53 -54.
2020	Dr. Arun Kumar Sao, Dr. Seema Chauhan & Pragya Sao –Vaidic Vangamaya mein Yog ki Pavan Punya Parampara. Sahitya Samhita: Peer Reviewed Hindi Journal, ISSN: 2454–2695, Vol. 6 Issue 10 October 2020. Pp.-22-32.
2020	Dr. Arun Kumar Sao–Nadi : Swarup, Shuddhi Avm Phalasruti. Madhya Bharati: Bilingual Journal of Humanities & Social Science, ISSN: 0974-0066, Vol. 79 Issue 2 July – Dec. 2020, Pp. 65-75. UGC care List Group C (multi-disciplinary. S N 15)
2020	Sachin Bhardwaj & Ganesh Shankar-Yoga Darshan mein Dhyan ke Sukshma Ayam: Samapatti Ek Adhyayan, Drishtikon, ISSN 0975-119X, Vol.12 (5), Sept.-Oct.2020, Pp. 632 -635.
2020	Pravesh Jatav & Ganesh Shankar –Vedic Parmapara mein Yog ki Avadharana, Vedanjali, ISSN 2349-364X, Vol. 14 (2), July-Dec. 2020, Pp. 172 -175.
2020	Dr. Arun Kumar Sao–Yoga: Ek Uchchastariya Manovigya. Shodh Sanchar Bulletin: Bilingual International Research Journal, ISSN: 2229-3620, Vol. 10 Issue 40 Oct.– Dec. 2020, Pp. 209-212.
2021	Sachin Bhardwaj & Ganesh Shankar-Yoga Darshan mein Ishvar ka Sthan : Ek Sadhan Ya Sadhya, International Journal of Hindi Research, ISSN 2455-2232, Vol.7 (3), 2021, Pp. 140 -142.
2021	Jyoti Shrma & Ganesh Shankar- Hathayoga:Adhunik Sandarbha Mein Prasangikata, Drishtikon, ISSN 0975-119X, vol.13 (1), Pp. 1959-1961.
Books Published	
Year (From 2013 to 2020)	(with author(s), title of the book, name of publisher, year of Publication, ISBN)

2019	Arun Kumar Sao & Akhileshwar Sao, Yoga Chikitsa, Chaukhambha Orientalia, Kamala Nagar Delhi, 2019, ISBN 9789389329025.
Chapters in Books	
From 2016 to 2021 Year	(with author(s), title of chapter, title of the book with author name, name of publisher, year of Publication, ISBN)
2016	बृजेश सिंह ठाकुर व डा. अरुण कुमार साव, शिक्षा व विद्या के समन्वय से व्यक्तित्व का सर्वांगीण विकास, शांति एवं मूल्यों के लिए शिक्षा, प्रांजल प्रकाशन, सागर, 2016, ISBN-97881889740108, पृ.107-112.

Research Publications:

3.4.7 Faculty participation in Seminars/Conferences and Symposia during the year:

Ganesh Shankar

1. Topic: Concept of Yoga in Ancient Yoga Culture Date:30th Nov. and 1st Dec.2018 Venue: Indira Gandhi National Tribal University, Amarkantak (M.P.)
2. Topic: Yoga: Ancient Trends and Recent Advances, Date: 19-20 Jan. 2019, Venue: Jiwaji University, Gwalior
3. Topic: Yoga Accreditation for Higher Education Programmes Date:6 th March 2019 Venue: S-VYASA Campus, Bengaluru.

Dr.Arun Kumar Sao

1. National Seminar on Yoga & Mental Health Organized by Department of Yogic Studies, Dr H.S. Gour University, Sagar (MP), from 20-21 June 2016.
2. National Workshop on “CharitraNirmanAvmVyaktitva Ka Samagra Vikas” Organized by Swami Vivekanand Vishwavidyalaya, Sagar & Shiksha SanskritiUtthanNyas, New Delhi, from 27-29 Aug. 2016.
3. National Seminar on Emerging Trend of Research in Yoga & Naturopathy Organized by Central Council for Research in Yoga & Naturopathy, New Delhi, from 16-18 Sept. 2016.
4. National Seminar on Yoga & Holistic Health Organized by Department of Yoga Education, Dr H.S. Gour University, Sagar (MP), from 21-22 June 2017.
5. National Workshop on “CharitraNirmanAvmSamagraVyaktitva Vikas” for Teachers Organized by Swami Vivekanand Vishwavidyalaya, Sagar & Shiksha SanskritiUtthanNyas, New Delhi, from 11-13 May 2018.

6. Jnanotsav-2075 Organized by Swami Vivekanand University, Sagar (MP) & Shiksha SanskritiUtthanNyas, New Delhi, from 02-03 Feb. 2019.
7. Seminar – World Philosophy Day Organized by Department of Sanskrit, Dr Hari Singh Gour University, Sagar (MP) & Council of Indian Philosophical Research, New Delhi, from 19 March. 2019

International Seminar/Conference/Workshops (Attended) – From 2015-2020

Prof. Ganesh Shankar

1. Topic: Development of Psychotherapy in India and South Asia, Date: 18-20 May 2016, Venue: Shahid Beheshti University, Tehran (Iran)
2. Topic: Mental Health and Wellbeing of Elderly Date: 07-08 October 2016, Venue: Union for Mental Health of Russia, Moscow (Russia)
3. Topic: Utility of Yoga Education in Present Scenario ,Date:17-18 Feb.2018,Venue: BKD College, Jhansi (U.P.)
4. Topic: Yoga & Psychotherapy for Holistic Health & World Peace Date: 13-14 May 2018, Venue: Tehran University, Teheran, Iran

Dr. Arun Kumar Sao

1. International Seminar on “Yoga for Youth” Organized by Swami Vivekanand Vishwavidyalaya, Sagar, from 30 April. 2017.
2. International Seminar on “World in Sanskrit, Sanskrit in the World” Organized by Department of Sanskrit, Dr. H.S. GourVishwavidyalay, Sagar, from 16-18 March 2018.
3. International Yoga Day Celebration, Dr. HarisinghGour Vishwavidyalaya, Sagar from 21 June 2018.
4. International Yoga Day Celebration, Dr. HarisinghGour Vishwavidyalaya, Sagar from 21 June 2019.
5. International Yoga Day Celebration, Dr. HarisinghGour Vishwavidyalaya, Sagar from 21 June 2020.
6. International Yoga Day Celebration, Dr. HarisinghGour Vishwavidyalaya, Sagar from 21 June 2021.