



Name: Dr. Pawan Kumar

Designation: Assistant Professor, Yoga Education

Department: Yoga Education

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Academic Records (For Teaching only)

1. Qualification:	<p>Ph.D. (Yoga) - Gurukula Kangri Deemed to be University, Haridwar, Uttarakhand NET-JRF (Yoga) - University Grant Commission (UGC) New Delhi M.Sc. (Yoga)- Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand B.Sc.- University of Lucknow, Lucknow, Uttar Pradesh</p>
2. Area of Interest/ Specialization:	Yoga Philosophy, Hathayoga Practice, Therapy and Literature
3. Experience:	Assistant Professor (Regular) 21-03-2022 onwards at MDNIY, New Delhi. Assistant Professor (on ad-hoc) September-2020 to January-2022 at Gurukula Kangri Deemed to be University, Haridwar
4. Achievements:	<ul style="list-style-type: none">• Conducted a “National Workshop on Patanjala Yogasutra: Samadhi Pada in the Light of Vyasa Bhasya” as Coordinator member, organized by Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India in association with Inter University Centre for Yogic Sciences, Bengaluru, from 3rd to 8th October, 2023 at MDNIY, New Delhi.• Conducted a “National Workshop on Patanjala Yogasutra: The core of Yoga Philosophy and Practices” as Coordinator member, organized by Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India in association with Inter University Centre for Yogic Sciences, Bengaluru, from 14th to 16th October, 2022 at MDNIY, New Delhi.• Conducted a National Yoga workshop at Department of Yogic Science by Gurukula Kangri Deemed to be University, Haridwar on the topic ‘Asana and Pranayama: for advance skill enhancement’ March -April, 2021.• Conducted Yoga workshop at Veda Niketan, Haridwar by Uttarakhand Open University on ‘10 Days Workshop Program’ October, 2018.• Conducted Yoga workshop at Dujiangyan, Chengdu, China on ‘4th India-China International Yoga Festival’ June, 2018.• Conducted Yoga workshop at Morarji Desai National Institute of Yoga on ‘International Yoga Fest’ March, 2018.• Conducted Yoga workshop at Veda Niketan, Haridwar by

	<p>Uttarakhand Open University on ‘10 Days Workshop Program’ February, 2018.</p> <ul style="list-style-type: none"> • Deputed as ‘Young Yoga Ambassador’ in CHINA on International Day of Yoga, 2017. • Conducted Yoga workshop at Morarji Desai National Institute of Yoga on ‘International Yoga Fest’ March, 2017. • Conducted Yoga Classes in ‘Yoga Teacher Training Program for Foreigners’ 2016, at Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar. • Conducted Yoga Classes for ‘Haryana AYUSH Doctors’ at Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar.
<p>5. Honours & Awards:</p>	<ul style="list-style-type: none"> • Guest of Honour in ‘4th India-China International Yoga Festival’ 17th-24th June, 2018. Organized by Dujiangyan Municipal People’s Government and Sichuan South Silk Road Cultural Development Center, Chengdu, China. • Guest of Honour & Resource Person in International Yoga Fest and Pre-fest Yoga Workshops 19th-23th March, 2018. Organized by Ministry of AYUSH and MDNIY, New Delhi, India. • Guest of Honour & Resource Person in International Yoga Fest, & Post-fest Yoga Workshops by eminent Yoga Masters, 8th-10th March, 2017. Organized by Ministry of AYUSH and MDNIY, New Delhi, India. • Bronze Medal in All India Inter University Championship Men 2012, held at Kurukshetra University, Haryana, India.
<p>6. Publications & Books:</p>	<p><u>Published Research Papers</u></p> <ul style="list-style-type: none"> • Kumar, Pawan and Bhardwaj, Ishwar. (2019). Effect of Yogic Practices on the Anxiety Level of Internet Users. <i>Gurukul Shodh Bharti</i>, (26-32), pp 150-159, • Kumar, Pawan and Bhardwaj, Ishwar. (2019). ‘Effect of Comprehensive Yogic Practices on Fasting Blood sugar level of type-II Diabetes Mellitus in Urban Adults’ in <i>Vedanjali</i>, 6 (11), pp 330-335. • Kumar, Pawan and Bhardwaj, Ishwar. (2019). Effect of Comprehensive Yogic Practices on Blood sugar level (PP) of type-2 Diabetes Mellitus in Urban Adults’ in <i>Shabdarnav</i>, 5(9), pp 314-319, • Kumar, Pawan and Bhardwaj, Ishwar. (2019). Effect of comprehensive yogic practices on body mass index of type-II diabetes mellitus in urban adults. <i>Environmental Conservation Journal; Special Edition on Ayurveda, Yoga and Meditation: Changing Lifestyle</i>, 20(SE) pp 97-102, • Kumar, Pawan and Bhardwaj, Ishwar. (2019). Effect of yogic practices on glycated Haemoglobin (HbA1c) level of type-II diabetes mellitus in urban adults. <i>Environmental Conservation Journal; Special Edition on Ayurveda, Yoga and Meditation: Changing Lifestyle</i>, 20(SE) pp 111-116. • Verma, S., Kumar, P., Mishra, A., & Shrivastava, V. (2018). Yagya therapy for sub-clinical hypothyroidism: a case study. <i>Interdisciplinary Journal of Yagya Research</i>, 1(2), pp

	<p>31-36.</p> <ul style="list-style-type: none"> Prasad, Ganesh., Kumar, Pawan and Bhardwaj, Ishwar. (2018). Effect of Comprehensive Yogic Practices on Fasting Blood sugar of Urban Population. <i>Vedanjali</i>, 5(10), pp 109-113. <p><u>Book Chapters</u></p> <ul style="list-style-type: none"> Kumar, Pawan., Prasad, G., Prakash, G.(2021). Yogic Practices to cope with mental health disorders caused by Covid-19 Pandemic in Dr. Lalita. K. Sharma(Ed). <i>Impact and Challenges of Covid-19 on Health, Livelihoods, Environment and Education</i> (pp. 176-187). Bhopal, Excel Publications.
<p>7. Conferences & Seminars:</p>	<ul style="list-style-type: none"> Participated Three Days Workshop/Training Programme on Yoga and Holistic Health held on March, 04th - 06th 2020, at HNB Garhwal University, Srinagar, Uttarkhanad. Participated One Day Workshop on Academic Writing and Research Ethics, organized by the Faculty of Management Studies (FMS) and IPR Cell, Gurukula Kangri Vishwavidyalaya held on February, 24th 2020, Haridwar, Uttarkhanad. Participated One Day Workshop on Publishing Quality Research Papers and Books, organized by the Faculty of Management Studies (FMS), Gurukula Kangri Vishwavidyalaya in collaboration with Cambridge University Press, held on February, 20th 2020, Haridwar, Uttarkhanad. Presented Research Paper on ‘Effect of comprehensive Yogic Practices on fasting blood sugar level of Type-2 Diabetes Mellitus in Urban Adults’ in National Seminar on Yoga Ancient Trends and Recent Advances (YATRA), January 19th to 20th 2019, organized by Center of Yogic Sciences, Jiwaji University, Gwalior, MP. Participated in the District Youth Parliament Organized under the GOI-UNDP-UNV Project on Strengthening NYKS and NSS at Gurukula Kangri Vishwavidyalaya, Haridwar on 01-02 August, 2019. Attended National Workshop on Research Methodology, December 14th to 24th 2018, organized by Department of Yogic Science, Faculty of Medical Science and Health, Gurukula Kangri Vishwavidyalaya, Haridwar, Uttarkhanad. Attended International Yoga Fest, 21-23 March, 2018, at Tal Katora Stadium, New Delhi, Organized by Ministry of AYUSH and MDNIY, New Delhi. Presented Research Paper on ‘Effect of Comprehensive Yogic Practices on Type-2 Diabetes Mellitus of Urban Adults’ in National Seminar on Integrating Traditional Medicine & Yoga for Healthcare: Opportunities & Challenges, March 14th to 16th 2018, organized by Department of Yoga at Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh. Participated National Seminar on Vedic Wisdom, Culture

Inheritance & Contemporary Life, 23 to 25 February, 2018, organized by Dev Sanskriti Vishwavidyalaya, Haridwar, and sponsored by Indian Council of Philosophical Research, New Delhi.

- Attended International Yoga Fest, 8-9th March 2017, at Tal Katora Stadium, Organized by Ministry of AYUSH and MDNIY, New Delhi.
- Presented Research Paper on ‘Effect of comprehensive Yogic Practices on Fasting Blood Sugar of Urban Adults’ in International Conference on Social Transformation through Yoga, March 25-26, 2017, organized by Indian Association of Yoga, New Delhi.
- Presented Research Paper on ‘Effect of Anapana Meditation on General Well Being of Urban Population’ in Rashtriya Sodh Sangosthi, 25-26 March 2017, organized by UGC at Gurukul Mahavidyalaya Jwalapur, Haridwar.
- Presented Research Paper on ‘To study the Effect of Jalaneti and Trataka on Mental Depression’ in National Seminar on Innovative Trends for Professional Skill Development in Yogic Science, March 27-28, 2017, organized by Department of Human Consciousness and Yogic Science, Gurkuala Kangri Vishwavidyalaya Haridwar.
- Participated in National Workshop on ‘Yoga and alternative Therapies’ 30 march to 05 April 2017, organized by Department of Human Consciousness and Yogic Science, Gurkuala Kangri Vishwavidyalaya Haridwar. Uttarakhand.
- Participated in International Workshop on ‘Innovative Techniques in Yoga Skill Development’ October 07, 2017, organized by Department of Human Consciousness and Yogic Science, Gurkuala Kangri Vishwavidyalaya Haridwar, in collaboration with the Guruvir School of Yoga, Requena, Valencia, Spain.
- Participated in National Seminar on ‘Emerging Trends of Research in Yoga & Naturopathy’ September 16-18, 2016, organized by Central Council for Research in Yoga and Naturopathy, New Delhi.
- Participated in 3rd National Workshop on ‘Yoga and Alternative Therapies’ 25-30 April, 2016, organized by Department of Human Consciousness and Yogic Science, Gurkuala Kangri Vishwavidyalaya Haridwar.
- Participated in 2nd National Workshop on ‘Yoga and Alternative Therapies’ 9-15 March, 2015, organized by Department of Human Consciousness and Yogic Science, Gurkuala Kangri Vishwavidyalaya Haridwar.
- Participated in National Workshop on ‘Marma Therapy: Principle & Application’ December 07-08, 2015, organized by Department of Human Consciousness and Yogic Science, Gurkuala Kangri Vishwavidyalaya Haridwar.
- Attended Two Days “National Seminar and Workshop on Holistic Health” at Maulana Azad Medical College, New Delhi, 2013.
- Have Participated in 2 Days Workshop on “Marma Chikitsa Vigyan” at DSVV, Haridwar, 2012.
- Attended One Day Workshop on “Yogic Management of Hypertension” at MDNIY, New Delhi, 2012.

	<ul style="list-style-type: none"> • Attended One Day Workshop on “Yogic Management of Migraine” at MDNIY, New Delhi, 2012. • Attended National Seminar on “Management of Mental Disorders” at Patanjali Yoga Dham, Jwalapur, Haridwar 2011.
8. International Visits:	<ul style="list-style-type: none"> • Visited People’s Republic of China as a guest of honor in ‘4th India-China International Yoga Festival’ 17th-24th June, 2018. Organized by Dujiangyan Municipal People’s Government and Sichuan South Silk Road Cultural Development Center, Chengdu, China. • Visited People’s Republic of China in BRICS Sports Meet and 3rd International Day of Yoga Celebration from 15th-22th June, 2017. Organized by consulate general of India and Government of China at Guangzhou and Beijing, China.