

## Detailed CV

Name : Dr. K. Krishna Sharma  
Educational Qualification : M.A., MSc., Ph.D., PGDYT  
Designation : Professor and Chairman  
Address for Correspondence : Mangalore University  
Mangalagangothri – 574199  
E-mail : drkrisharma@rediffmail.com  
Phone : 0824- 2287435  
Mobile : 9448241005



### Research Areas

1. Yogic Science
2. Yoga Therapy
3. Yoga

Professional Teaching Experience : 30 years

Research Guidance (M.Phil. /Ph.D.):

Completed students' list (with hyperlinks to their CV if available):

1. Dr. Ajithesha N.H.  
[https://drive.google.com/file/d/1ipArXPVx2-NQiRBwGmROmUg2\\_GH2UXIs/view?usp=sharing](https://drive.google.com/file/d/1ipArXPVx2-NQiRBwGmROmUg2_GH2UXIs/view?usp=sharing)
2. Mr. Mahabala P.  
<https://drive.google.com/file/d/1swRVj288ktzLBR5AeJfmMBGyhIt-INOg/view?usp=sharing>
3. Mr. Praveena Kumara K.  
[https://drive.google.com/file/d/1sbvo5Y5koENHGLa6c\\_gpqoo702HxB6nB/view?usp=sharing](https://drive.google.com/file/d/1sbvo5Y5koENHGLa6c_gpqoo702HxB6nB/view?usp=sharing)
4. Mr. Sukesh N.  
<https://drive.google.com/file/d/1q3HYdZzF3mbo1J6pY71foOx0s1kFJn9d/view?usp=sharing>
5. Mr. Hrushikesh P.  
[https://drive.google.com/file/d/1RL9bFwx41OS3woAiy\\_jVrshkmT0XKvbU/view?usp=sharing](https://drive.google.com/file/d/1RL9bFwx41OS3woAiy_jVrshkmT0XKvbU/view?usp=sharing)

Ongoing Registered Students' list :

1. Ms. Rashmitha
2. Mr. Govardhana Reddy
3. Mr. Rangappa
4. Mr. Thimmappa N.
5. Mr. Adithya Krishna M.
6. Mr. Anantha Krishna B.S.

7. Mr. Mahesh Pandappa Lamani
8. Mr. Naganagouda Kuberagouda Hiregoudar
9. Ms. Priyanka P.S. Bhat
10. Mr. Rajashekhar Zulpe
11. Ms. Zelkja Ciganovic

Research Projects (List)(if applicable)

Completed : Nil

Ongoing : Nil

Professional Collaboration (if applicable)

International : Nil

National : Nil

Research Journal Publications (list)

❖ **International : 33**

- 1) Sharma K. K. (2013), The Effect of Yoga Therapy on Arthritis and related Joint Pain, *International Journal of Yoga & Allied Science*, Vol. 02, Issue: 02, June, P.P. No. 14-16, **ISSN: 2278-5159**.
- 2) Sharma K. K. (2013), The Effect of Yoga Therapy on academic record, memory, body weight and lung function of the school going child, *International Journal of Yoga & Allied Science*, P.P. No. 105-109, **ISSN: 2278-5159**.
- 3) Sharma K.K. et. al (2013), Effect of Yogic Practices in the Health of School Children, *Global Research Analysis*, Vol. 2, Issue: 12, December, pp. no. 37-40, **ISSN: 2277-8160**, Impact Factor: 0.2714.
- 4) Sharma K.K. et. al (2013), Effect of Selected Yogic Practices on Menstrual Disorders in High School Girls, *Asian Review of Social Sciences*, Vol. 2, July-December, pp. no. 38-40, **ISSN: 2249-6319**.
- 5) Sharma KK. et.al (2014), A study on the Effect of Yoga Therapy on Liver/ functions, *European Scientific Journal (E.S.J)*, Vol. No. 4, **ISSN No 1857-7881**, Impact Factor : 5.09.
- 6) Sharma KK. et.al (2014), Effect of Yoga Therapy on Lung functions in Respiratory Disorder Subjects, *European Scientific Journal (E.S.J)*, Vol. No. 4, **ISSN No 1857-7881**, Impact Factor: 5.09.
- 7) Sharma K.K et. Al, A study on the effect of Yogic Practices on Liver functions, *Global Journal for Research Analysis*; Vol. 3, Issue: 7, July, pp. no. 48-49, 2014, **2277-8160; 1.5408**.

- 8) Sharma. K.K et al., A Study to access the effect of yoga therapy on selected lung parameters in subjects with COPD, *International Journal of Scientific research*; Vol. 3, Issue:7, July, pp. no. 56-58, 2014, **2277-8179; 1.8651.**
- 9) Sharma K.K et al, Effect of yogic practices on Anaemia in Women, *European Scientific Journal (E.S.J)*, Vol.10, No. 21, July, pp.no.243-250, 2014, **1857-7881; 8.25.**
- 10) Sharma K.K et al, A study on the effect of yoga therapy on menstrual disorders with reference to Hormonal discrepancy, *Asian Journal of Complementary and Alternative medicine* Vol.02, No. 21, Issue 05, pp.no.24-28, 2014, **IISSN: 2347 – 3894;3.335.**
- 11) Sharma KK Krishna A.B.S, Ajithesha N.H (2016), Comparative study of the effect of Yoga Therapy and Herbs in the Management of Diabetes Mellitus, *International Journal of Scientific Research*, Ahmadabad, vo.5, issue 7 pp no. 43-45.
- 12) Sharma KK, Mahabala P (2016), Treatment of hypothyroidism through yoga therapy- A study, *Global journal of Research Analysis*, Vol.05, issue.08, August-2016, pp no. 37-39, **ISSN, 2277-8160.**
- 13) P Hrushikesh, Sharma K. K. (2017), Assessment of Therapeutic Effect Of Yogic Practices on the Immune Response and Body Weight Of HIV Infected Subjects: A Randomized Controlled Trial, *International Journal of Yoga & Allied Sciences*, Vol. 06, Suppl, P.P. No. 215-221, **ISSN: 2278-5159.**
- 14) Sharma K. K., Prasada Thirumaleshwara (2017), Yogic Vision, *International Journal of Yoga & Allied Sciences*, Vol. 06, Suppl, P.P. No. 222-225, **ISSN: 2278-5159.**
- 15) Sharma K. K., Udayakumara (2017), Holistic Approach Of Yoga For Health – A Light On Classical References, *International Journal of Yoga & Allied Sciences*, Vol. 06, Suppl, P.P. No. 226-229, **ISSN: 2278-5159.**
- 16) Sharma K.K, Kumar K.P (2017), Effect of Yogic Practices On Liver Function Parameters, *International Journal of Yoga & Allied Science*, Vol. 06, Suppl, P.P. No. 241-243, **ISSN: 2278-5159.**
- 17) Sharma K.K, Sriharisukesh N, Maur Rai K (2017), Assessment of the Impact of yoga therapy on functional disabilities in the subjects with degenerative lumbar disc disorder, *International Journal of Yoga & Allied Science*, Vol. 06, Suppl, P.P. No. 234-240, **ISSN: 2278-5159.**
- 18) Sharma K.K, Ajithesha N.H (2017), Efficacy of yoga therapy in the improvement of lung function parameters, *International Journal of Yoga & Allied Science*, Vol. 06, Suppl, P.P. No. 230-233, **ISSN: 2278-5159.**

- 19) Sharma K.K, Rashmitha(2017), Analysis of the effect of yoga practices on premenstrual syndrome, *International Journal of Yoga, Physiotherapy and Physical Education*, Vol. 02, Issue :5, September , P.P No.155-157, **ISSN:2456-5067**.
- 20) Sharma K.K, Udayakumara, Prasada Thirumaleshwara (2017), A research study on the efficacy of yoga on memory power and examination marks of school children., *International Journal of Yoga, Physiotherapy and Physical Education*, Vol. 02, Issue :5, September , P.P No.158-161, **ISSN:2456-5067**.
- 21) Sharma K.K, Prasada Thirumaleshwara, Udayakumara (2017), A Study on the effect of yoga therapy on dysmenorrhoea, *Asian Journal of Complementary and Alternative medicine*, Vol.5, Issue:17,P. P no . 1-9, **ISSN : 2347-3894**.
- 22) Sharma K.K, Rashmitha (2017), Yoga therapy effects on the menstrual disorder – A case study, *Asian Journal of Complementary and Alternative medicine*, Vol.5, Issue:17,P. P no . 10-13, **ISSN: 2347-3894**.
- 23) Sharma K.K, Ajithesha N.H (2017), Efficacy of yoga therapy in the improvement of lung function parameters, *International Journal of Yoga & Allied Science*, Vol. 06, Suppl, P.P. No. 230-233, **ISSN: 2278-5159**.
- 24) Sharma K.K, Sriharisukesh N, Mayur Rai K (2017), Assessment of the Impact of yoga therapy on functional disabilities in the subjects with degenerative lumbar disc disorder, *International Journal of Yoga & Allied Science*, Vol. 06, Suppl, P.P. No. 234-240, **ISSN: 2278-5159**.
- 25) Sharma K. K., Udayakumara (2017), Holistic Approach of Yoga for Health – A Light on Classical References *International Journal of Yoga & Allied Sciences*, Vol. 06, Suppl, P.P. No. 226-229, **ISSN: 2278-5159**.
- 26) Sharma K. K , Rashmitha (2018) Effect of Yoga Therapy on Anaemia in subjects with Menorrhagia, *International Journal of Research and Analytical Reviews (IJRAR) E-ISSN 2348-1269, P-ISSN 2349-5138*.
- 27) Senthilnathan S., Patel R, Narayanan M., Katholil G, Janawadkar M.P., Radhakrishnan T.S., Sharma K.K.(2018), An investigation on the influence of yogic methods on heart rate variability. *Ann Non invasive Electrocardiol*. WILEY June 2018; e12584.
- 28) Sharma K. K, Rangappa(2018), The Effect Of Yoga Therapy to Control Body Weight and Body Mass Index of the Obese Women. *International Journal of Research And Analytical Reviews*, Vol. 5, Issue: 4, P.P No:738-743.
- 29) Sharma K. K, Rashmitha(2018), Assessment of Yoga Therapy on Estrogen Hormone- A Case Study. *International Journal of Yoga And Allied Sciences*, Vol.8, Issue:1 P.P.No. 29-33.

- 30) Sharma K. K, Rashmitha(2019), Assessment of yoga Therapy in women with anaemic condition in the International journal of yoga and allied sciences, Vol.8, Issue:1.
- 31) Sharma K. K, Rangappa(2019), A Study on the effect of Chandrayana Vrata and Yoga- As a therapy tool in modern era, International Journal of Yoga And Allied Sciences, Vol.8, Issue:1P.P.No. 14-17.
- 32) Sharma K. K, Rangappa(2019), The Assessment of Chandrayana Vrata and Yogic practices on Obese Women. International Journal of Yoga And Allied Sciences, Vol.8, Issue:1P.P.No. 42-47.
- 33) Sharma K. K, Rangappa(2020), A Study on the Impact of Yogic Chandrayana Vrata on Improving Pulmonary Function and Quality of Life”. International Journal of Yoga And Allied Sciences, Vol.6, Issue:1P.P.No. 56 – 62.

❖ **National : 14**

1. Sharma K.K. et.al (2013), Effect of Yogic Practices on Blood Test for T.C., D.C. and E.S.R. in Jewellery Employees, *Indian Journal of Applied Research*, Vol. 3, Issue:11, November, pp. no. 19-20, **ISSN: 2249-555X**, Impact Factor: 0.8215.
2. Sharma K.K. et. al (2013), Effect of Yogic Practices on Immunity and Study habit in School Children, *Indian Streams Research Journal*, Vo.19, Issue: 19, November, **ISSN No: 2319-2682**.
3. Sharma K.K. et.al (2013), A Critical Study on the Efficacy of Yoga on the HIV infected Children-A Holistic Approach, *Indian Journal of Applied Research*, Vol. 3, Issue:12, December, pp. no. 22-24, **ISSN: 2249-555X**, Impact Factor: 0.8215.
4. Sharma K.K. et. al (2013), A Critical Study on the Effect of Yogic Practices on the health of Jewellery Employees, *Indian Streams Research Journal*, Vo.-III, Issue: XI, December, pp. no. 1-3, **ISSN No. 2230-7850**, Impact Factor: 1.7604(UIF).
5. Sharma KK. et.al (2014), The Effect of Yoga Therapy on Menstrual Disorders in Teenage Girls, *Indian Journal of Scholarly Research*, Vol. 3, Issue-1, January, pp. no. 42-44, **ISSN : 2278-8271**.
6. Sharma K.K et al, The effect of yoga therapy on blood oxygen level, *Paripex-Indian Journal of Research*; Vol. 3, Issue:7, July, pp. no. 69-70, 2014, **2250-1991; 1.6714**.
7. Sharma K.K et al, A study on the effect of Yoga on thyroid functions, *Indian Journal of Applied Research*; Vol. 4, Issue:7, July, pp. no. 9-10, 2014, **2249-555X; 2.1652**.

8. Sharma K.K et al, Effect of Yoga Therapy on Cellular Rejuvenation and Improvement of Concentration (A Pilot Study), Indian Journal of Applied Research; Vol. 4, Issue:8, August, pp. no. 657-66, 2014, **2249-555X; 2.1652.**
9. Sharma K.K et al, Yoga for selected underweight subjects, Indian Stream Research Journal Vol.04, Issue – 7, August, pp.no.1-3, 2014, **ISSN: 2230 – 7850; 2.1506.**
10. KK Sharma, Uday K.K, Prasada H.T (2016), A Study on The Effect of Yogic Practices on Alcoholic Subjects–An Integrated Approach, PARIPEX-Indian Journal of Research, Vol.5, issue 5, pp no. 76-77, **ISSN: 2250-1991;1.6714.**
11. Ajithesha N.H Sharma KK, Nandini M, sukesh N (2016), Impact of Yoga Therapy on respiratory functions and Oxidative stress in Middle aged subjects (A Pilot Study), vol. 01, issue 5, pp no. 01-05. **ISSN: 2277 – 7881; impact factor -3.318.**
12. Sharma KK, Udaya KK, Prasada H.T (2016), Management of Sleeplessness by Yoga Therapy, An International Journal - Parapex-Indian Journal Of Research, august, vol. 05, issue 06, pp no. 22-23, **ISSN, 2250-1991.**
13. Sharma KK, Udaya KK, Prasada H.T (2016), Yoga therapy for Breathlessness among Women, Parapex-Indian Journal Of Research, august, vol. 05, issue 07, pp no. 14-15, **ISSN, 2250-1991.**
14. Sharma KK, Maur Rai KS, Srihari Sukhesh N (2016), Impact of Yoga Therapy on Chronic Low Back ache in middle aged subjects, Indian Journal of Applied Research, Vol.6; Issue.9; Sep-2016, **ISSN: 2249-555X.**

❖ Books / Book chapters / Translations published:

1. Samshodhanam published on 2011, ISBN No.81-904042-06
2. Sukrta published on 2012, ISBN No. 81-904042-08
3. Sampadanam published on 2013, ISBN No. 81-904042-12

Papers/ poster presentations in Conferences / Seminars / Symposia (list)

❖ International :

1. International Workshop on Thermal Imaging System on Yoga Therapy at Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri on 13<sup>th</sup> November 2005.
2. Two days work-shop to finalize the syllabus, curriculum and the study material for foundation course in Yogic Science; an Application course for Medical students / Professional on 29-30 October 2009, organized by MDNIY, New Delhi under the project of WHO.
3. “A study on the effect of yoga on cognition level in disabled children”, International Conference, Tumkur University, Tumkur 27- 28 November.

4. International Conference, 2<sup>nd</sup> to 5<sup>th</sup> January 2014, SVYASA, Bangalore, Effect of Yoga on the HIV Infected Children –A Holistic approach.
5. International Congress on Yoga, Ayurveda and Wellness, 12<sup>th</sup> to 14<sup>th</sup> January 2014, Universal Yoga Consciousness, Tiruvanthapuram, Yoga for awareness and health.
6. International Workshop on Yogic Science, 31<sup>st</sup> January 2014, Mangalore University, Mangalagangothri, Basic Concepts of Yoga.
7. International Workshop on Yogic Science, 4<sup>th</sup> February 2014, Mangalore University, Mangalagangothri, Obstruction to Consciousness overcoming methods.
8. “Yoga Therapy for Stress Disorders”, International Conference on Yoga Therapy for Stress Disorders, Mangalore University, Mangalagangothri, February 3 – 5.
9. “A Study on the effect of Yoga Therapy on Menstrual Disorders with reference to Hormonal discrepancy”, International Yoga Festival, Pune, 6 – 8 March.
10. Paper entitled “Efficacy of Yoga Therapy on Thyroidal and Lung Functions among the Women”, 5<sup>th</sup> International science Congress, Tribhuvan University, Katmandu, Nepal, from 8 – 9 December.
11. Paper entitled “Yoga as a means for improving the Lung functions of School Children”, 8<sup>th</sup> International Conference on Yoga and Education: Principles and Practice, Kaivalyadhama Yoga Institute Lonavala, from 27 – 30 December.
12. Chairperson at a session International Conference on Social Transformation through Yoga, Haridwar, 25 – 26 March.
13. Paper entitled “Empowering the life through the science of Veda and Yoga”, 4<sup>th</sup> International Young Scientist Congress, organised by International Science Community Association in collaboration Rashtriya Sanskrit Vidyapeetha from 8<sup>th</sup> & 9<sup>th</sup> May 2018.
14. Paper entitled “Yoga therapy for sleep disorders”, International Workshop on yoga therapy, Department of Human Consciousness & Yogic Sciences, Mangalore University from 28.01.2019 to 30.01.2019.
15. Paper entitled “Corporate Yoga: An HR tool for holistic health and wellbeing of ICT professionals post COVID-19” in the two day International Conference “Rediscovering management of business post COVID- 19” on 8<sup>th</sup> and 9<sup>th</sup> August 2020.

❖ National :

1. National Seminar on New Challenges in the World of Physical education and sports, in Mangalore University on 27, 28 February 2002.
2. “Holistic Health through Yoga” in the Orientation Course conducted by University of Mysore, Mysore on 9<sup>th</sup> September 2005.
3. “Effect of Yoga Therapy for Constipation in the National Seminar at Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri on 18<sup>th</sup> February 2006.
4. “Stress Management” in the National Seminar on Yoga’ at Rasthriya Sanskrit Vidyapeetha (Deemed University), Tirupati on 25<sup>th</sup> February 2006.
5. “Human Resource Development through Yoga” in the National Seminar organized by the Department of P.G. Studies & Research in Commerce, Mangalore University, from 17 to 18<sup>th</sup> March 2006.
6. Yogic diet in the National Seminar in Yoga : The Ancient Tradition in The New Millennium on 22<sup>nd</sup> to 24<sup>th</sup> February 2007, organized by the Department of Philosophy, Sri Venkateshwara University Tirupati.
7. Yoga Therapy for Sleep Disorders in the National Seminar on Yoga Therapy, organized by Divya Yoga Society, Tirupati on 24<sup>th</sup> and 25<sup>th</sup> February 2007.

8. Effect of Yogic Practices on the Level of Hemoglobin in School Children in the National Conference “Yoga for School Children” organized by Morarji Desai National Institute of Yoga, Ministry of Health and Family Welfare, New Delhi, 12-18 February 2010.
9. Effect of Yogic Practices on School Health in the National Conference “Yoga for School Children” organized by Morarji Desai National Institute of Yoga, Ministry of Health and Family Welfare, New Delhi, 12-18 February 2010.
10. “Yoga a Natural Remedy for Diabetes” in the National Seminar on Yoga organized on account of ‘World Diabetes Awareness’ Day 2011 on 11 November 2011 at Avishkar Yoga, Bejai, Mangalore.
11. “Hatha Yoga Theory and Naatha Panth” in the National Seminar on Yoga organized on account of Dasara Yoga 2011 on 14<sup>th</sup> October 2011 at St. Aloysius Loyola Hall, Mangalore Organized by Avishkar Yoga and Isiri Herbals, Mangalore.
12. “Effect of Yoga on Life Style Disorders” in the National Workshop on intervention of Yoga and Holistic Therapy, Saturday, 18<sup>th</sup> February 2012, at A.J. Hospital & Research Centre Mangalore, organized by A.J. Hospital and Research Centre in association with Avishkar Yoga, Mangalore.
13. Lead speaker and presented a paper on “Research Methodology for Yoga” in UGC sponsored two day National Seminar on 18<sup>th</sup> and 19<sup>th</sup> March 2012 at Cauvery College Virajpet South Kodagu, Karnataka.
14. Participated as a paper presenter and presented a paper on the Effect of Yoga Therapy on “Arthritis and related Joint pains” in in UGC sponsored two day National Seminar on 18<sup>th</sup> and 19<sup>th</sup> March 2012 at Cauvery College Virajpet South Kodagu, Karnataka.
15. Yogayurveda Conference (YAC) on “Lifestyle modification for wellness on 31<sup>st</sup> March 2012, organized by Department of Ayurveda and Yoga, KMC Manipal.
16. “Hatha Yoga Theory and Naatha Panth” in the National Seminar on Yoga organized on account of ‘ Dasara Yoga 2012 on 21 October 2012 at Sharada Vidyalaya, Mangalore organized by Avishkar Yoga and Western Institute of Technology, Mangalore.
17. “Recent Researches in Physical Education Sports Naturopathy Yoga Event, Sports Law Ayurveda and Yoga”, Banaras Hindu University, 2- 3 November 2012.
18. “Importance of diet mentioned in holy scripture for therapeutic yoga”, National Conference on Yoga Therapy-2013, Dept. of Human Consciousness and Yogic Sciences, Mangalore University 18-19 January.
19. “Yoga for personality development”, National Conference on Yoga Therapy-2013, Dept. of Human Consciousness and Yogic Sciences, Mangalore University 18-19 January.
20. “Metabolic Syndrome, Pathophysiology and Lifestyle Modifications” organized by Department of Physiology, Yenepoya Medical College, Mangalore on 27.04.2013.
21. “Effect of Yogic Practices on Breathlessness” National Seminar on Yoga for Wellness in Life, Dev Sanskriti Vishwavidyalaya, 9 - 11 March.
22. “Manoroga Cure through YOGA”, National Seminar on Yogic Management of Life Style Disorders, Gurukul Kangri University, 30 – 31 March.
23. “Nature and Scope of Yoga ”,National Seminar on Yoga Philosophy and Practice: Its Global Approach,Department of Sanskrit, Prakrit and Yoga, Karnatak Arts College, Dharwad, 22 – 23 August.
24. Participated in National Symposium and CME on “Role of Yoga Nature, Nutrition and Meditation in Promotion of Holistic Health on Healthy Yoga life style for Prevention of life style diseases”, Mahatma Gandhi Institute of Medical Sciences, Savagram, Wardha, from 10 – 11 September.



25. "Role of Yoga in National Integration", St. Aloysius Evening College, Mangalore, 30 January.
26. "Yoga as a means for Improving the lung functions of School Children", Kaivalyadhama Yoga Institute Lonavala, from 2 – 7 January.
27. "Basics of Yoga Therapy: Health Concepts in Yogic Texts", CME for Yoga Teachers, Barkatullah University, Bhopal, 11<sup>th</sup> February.
28. "Yoga for health", International Conference on Yoga and Education: Principles and Practice, Trivandrum from 22 – 23 February.
29. "Effect of yoga therapy on dysmenorrhoea in hostel girls", National seminar on Yoga for wellness, self and social transformation, Annamalai University centre for yoga studies from 22 – 23 December 2017.
30. "Effect of selected yogic practices with Chandrayana vrata on over weight subjects", National seminar on Yoga for wellness, self and social transformation, Annamalai University centre for yoga studies from 22 – 23 December 2017.
31. Yogic Life Style for Better Health, 4<sup>th</sup> International Conference on Developing Human Values through Yoga, Indian Association of Yoga New Delhi on 24<sup>th</sup> and 25<sup>th</sup> February.
32. "Improvement of Memory", National Seminar on Yoga and Health , Yoga practitioners association of India and The Institute of Chartered accountants of India, Mangalore on 29<sup>th</sup> April, 2018.
33. "Philosophy of Yoga Practices ", CYE on the philosophy of yoga, Division of yoga – Centre for Integrative Medicine and research, MAHE, Manipal on 2<sup>nd</sup> May 2018.
34. "Yoga Tourism: A Balance of Leisure and treatment", 2<sup>nd</sup> National conference on tourism & hospitality industry in India on 2<sup>nd</sup> February 2019.
35. " Efficacy of Yoga for control of BP", National Seminar on yoga- Yoga for a world of peace, harmony and love-Yoga Darshan, Organised by Department of yoga studies, Central university of Kerala and Satyananda Yoga research centre, Calicut.
36. " Yoga and Ecology" National Conference on Ecology in Sanskrit Literature, Department of studies in Sanskrit, held on 26<sup>th</sup> February 2020.

**Invited / plenary talks delivered (list) : 19**

1. Special lectures on applied yoga in the workshop organized and hosted by the department of yoga Studies, Karnataka University Dharwad, from 5<sup>th</sup> to 8<sup>th</sup> April 2006.
2. Invited talk on "Social ethics, values, virtues and yoga" in the National Seminar on 'Yoga for total health', Integral yoga satsanga (R) at St. Aloysius College, Mangalore on 30<sup>th</sup> January 2011.
3. Co-Chairperson in the National Yoga Week-2011, MDNIY, Ministry of Health and Family Welfare, Govt. of India, New Delhi, from 12 – 18 February 2011.
4. "Yoga as a Professional Education", Invited Speaker in International Conference, Tumkur University, Tumkur, 27-28 November 2012.
5. Pracharopanyasa Speech on "Holistic development of students by Yoga" at Govt. First Grade College, Shankaranarayana on 13.12.2012, organized by Dharmanidhi Yoga Peetha, Dept. of Human Consciousness and Yogic Sciences, Mangalore University.
6. Pracharopanyasa Speech on "Health and Intelligence development through Yoga" at Shree Mookambika Temple P.U. College, Kollur on 13.12.2012, organized by Dharmanidhi Yoga Peetha, Dept. of Human Consciousness and Yogic Sciences, Mangalore University.

7. Resource person in Yogayurveda Conference (YAC) on “Lifestyle modification for wellness on 25<sup>th</sup> May 2013, organized by Department of Ayurveda and Yoga, KMC Manipal.
8. Invited Speaker in One day workshop on “Yoga and Health”, organized by Kuvempu University Red Cross Unit on 28<sup>th</sup> February 2013.
9. Resource person in “Yoga Arogya Shibhira” at the department of Human Consciousness and Yogic Sciences, Mangalore University, organized by Shanthivana Trust, Shree Kshethra Dharmasthala on April 18-24, 2013.
10. Invited Speech on the topic entitled “Yoga Philosophy and Practice”, National Seminar on Yoga Philosophy and Practice: Its Global Approach, Department of Sanskrit, Prakrit and Yoga, Karnatak Arts College, Dharwad, 22 – 23 August.
11. Invited Talk “Principles adopted in Yoga Therapy”, International Conference on Yoga and Education: Principles and Practice, Trivandrum, from 22 – 23 February.
12. Invited Lecture, “Diagnostic methods in yoga therapy”, International Teachers Training Programme, Mangalore University, Mangalagangothri, 2 – 5 February.
13. Invited Speech, “Therapeutic Application of Yoga for HIV/AIDS”, International Conference on Social Transformation through Yoga, Haridwar, 25 – 26 March.
14. Resource Person, 6<sup>th</sup> International conference on Developing Human Values through Values, on the topic “Yogic Practices and Health A Holistic Approach” Haridwar 23 – 24 February.
15. Delivered a keynote address on “National workshop on skill development for yoga (Teaching and Therapy) professionals” in the National workshop on Skill Development for Yoga (Teaching and Therapy) Professionals, organised by Mangala Alumni Association of Yogic Sciences in association with Avishkar Yoga, Mangalore held on 21.02.2020.
16. Delivered scholarly talk on “COVID-19 Challenges through Yoga” in Two-day International Webinar on Health Challenges arising in COVID-19 Pandemic and Lockdown period and their yogic solutions on 20<sup>th</sup> and 21<sup>st</sup> May 2020.
17. Delivered live guest lecture on “Speciality of Hatha Yoga” on facebook page of Department of Yogic Science under the program “Aao Ham Sab Yog Kare” organised by Department of Yogic Science, Kumaun University, Nainital on 6<sup>th</sup> Internationala Yog day on 21<sup>st</sup> May to 21<sup>st</sup> June 2020.
18. Delivered lecture on “ Empowerment through yoga Atma-nirbhar Bharat” in the “ 12 hours live yoga lecture series” on account of International Day of Yoga 2020 on 20<sup>th</sup> June 2020 at Namma Kudla Studio, Mangalore.
19. Delivered invited lecture on the topic “ Preventive Methods of Yoga Therapy” on Zoom video conferencing during International Webinar by Department of Yoga Education, Dr. Harisingh Gour University, Sagar Madhya Pradesh from 20<sup>th</sup> -21<sup>st</sup> June 2020.

Impact of publications in terms of (Non-science faculty can leave out this item, if unable to fill up).

h-index	: 3
i10 index	: 1
Citation index	: 40

Conferences / Seminars / Workshops / Symposia organized(if applicable)

- Treasurer, National Seminar on Yoga Therapy, organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha & Yoga Practitioners Association of India (R) on 27.05.2008.
- Organizing Secretary, National Conference on Yoga Therapy-2013, Organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha and department of AYUSH, Govt. of Karnataka on 18-19 January 2013.
- Organizing Secretary, International Workshop on Yoga Science, Organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha and Wankwong Digital University (WDU), South Korea on January 31<sup>st</sup> to February 4<sup>th</sup> 2014.
- Organizing Secretary, International Workshop and Conference on Yoga Therapy for Stress Disorders, Organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha from January 30<sup>th</sup> to February 5<sup>th</sup> 2015.
- Organizing Secretary, International Workshop on Yoga Therapy, Organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha from 2<sup>nd</sup> to 5<sup>th</sup> February 2016.
- Organizing Secretary, International Yoga Teacher's training, Organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha from 2<sup>nd</sup> to 5<sup>th</sup> February 2017.
- Organizing Secretary, International Workshop on Yoga Therapy, Organized by Department of Human Consciousness and Yogic Sciences, Dharmanidhi Yoga Peetha from 28<sup>th</sup> to 30<sup>th</sup> January 2019.
- Co-ordinator of 10 Days Research Methodology Course for M.Phil/Ph.D/PDF Scholars in Social Sciences March 4<sup>th</sup> to 13<sup>th</sup>, 2020 Organised by Department of Human Consciousness and Yogic Sciences Mangalore University, Mangalagangothri, Karnataka Sponsored by Indian Council of Social Science Research, New Delhi.

Awards / Fellowship / Recognition (Specify)

- **Lifetime Achievement Award** for the contribution and achievement in the field of **Yogic Science** by **Venus International Foundation** on 9<sup>th</sup> July 2016.
- Awarded with **Indo Global Education excellence award 2017** on 25-6-2017 at Mumbai by International Benevolent Research Foundation, Kolkata.
- Awarded with **Indo Global Exemplary Teacher award** on 22-4-2018 by Indo Global Chamber of Commerce, Pune.
- Awarded with **Adarsh Vidya Saraswati Rashtriya Puraskar** by Global Management Council, Ahmadabad on 22-7-2018.
- **Lifetime Achievement Award** in the 2<sup>nd</sup> International Scientist Awards on Engineering, science and medicine held on 16 & 17 Nov 2019.

## Membership of Professional Bodies

1. Yoga Practitioner's Associations of India (R), Mangalore – Founder Treasurer.
2. Bharatiya Vidya Bhawan, Bombay
3. Bihar School of Yoga, Munger, Bihar
4. Karnataka state Armature Yoga sports Association.
5. The Indian Science Congress Association Kolkatta – India.
6. Devine life society, Hrushikesh.
7. Expert member -WHO collaborating centre for traditional medicine
8. UGC Expert committee member
9. Chairman B.O.S./B.O.E., Dept. Council in Yogic Sciences, Human Consciousness and Yogic Sciences, Mangalore University.
  
10. Technical committee member Yoga Certification Board, MDNIY, New Delhi.
11. B.O.S., B.O.E., Yoga Studies, Karnataka University, Dharwad.
12. B.O.E., Yogic Sciences, Deva Sanskriti Vishwavidyalaya, Haridwar.
13. B.O.E., Yogic Sciences, Rashtriya Sanskrit Vidyapeeth, Tirupati.
14. B.O.S. Dept. of Philosophy – University of Mysore.
15. B.O.E. Yoga Studies, Kuvempu University.
16. B.O.E. Alva's College of Naturopathy & Yogic Science.
17. B.O.E. SVYASA, Bangalore.
18. International Journal of Yoga and Allied Sciences (Life).
19. Academic Journal of "Sports and Physical Education", International Association of Scientists.
20. Research Journal of Physical Education Sciences, International Science Community Association.

Any other Information