

**Name:** Prof. Dilip Kumar Rajak

**Designation:** Assistant Professor

**Branch:** Yoga



**Educational Qualification(s):**

Qualification(s)	University
B.A. in Yoga	Dev Sanskriti Vishwavidyalaya Haridwar, Uttarakhand
M.A. in Yoga	University of Patanjali Haridwar, Uttarakhand
D.N.Y.S.	Akhil Bhartiya Prakritik Chikitsa Parishad New Delhi
M.A. in Psychology	Uttarakhand Open University Haldwani
Ph.D in Yoga(Pursuing)	Lakshmibai National Institute of Physical Education Gwalior, M.P.
UGC NET JRF Q	

**Experience in years: 1 year**

S.N.	Organization	Position Held	Duration	
			From	To
1.	ICFAI University Tripura	Assistant Professor	01/04/2024	Till Date
2.	Lakshmibai National Institute of Physical Education (LNIPE) Gwalior, M.P.	Assistant Professor	23/01/2024	28/03/2024
3.	Hemvati Nandan Bahuguna Garhwal Central University Srinagar, Uttarakhand	Guest Faculty	07/03/2019	31/05/2019
4.	Kendriya Vidyalaya BHEL Haridwar, Uttarakhand	Yoga Teacher	17/04/2018	03/12/2018

**Awards**

- Qualified for Junior Research Fellowship (JRF) in UGC National Eligibility Test, Subject: Yoga in July 2019.

#### LIST OF PUBLISHED RESEARCH PAPERS:

- Published a research paper in “Jyotirveda Prasthanam” a CARE – Listed journal with titled “Yoga darshan me manorogon ka avadharana ek parichay” in volume 11, issue 1 March-April 2022.
- Published a research paper in “Yoga- Mimamsa” a CARE – Listed journal with titled “General features, types, techniques, benefits, safety and adverse effects related to Pranayams mentioned in traditional Hath-yoga text: A review on pranayama chapters” in volume 54, issue 2 July-Dec. 2022.
- Published a research paper in “Shodhsamhita ” a CARE – Listed journal with titled “Yoga me man aur manorogon ka swaroop” in volume no. IX, issue 8 (V) July-December 2022.
- Published a research paper in “Madhya Bharti” a CARE – Listed journal with title “Hathyogic granthon me yoga siddhi ke lakshan : ek vislesnatamak adhyan” in volume 82, issue 2 July-December 2022.
- Published a research paper in “Shodh - Prabha” a CARE – Listed journal with titled “Yogic Shastro me yoga sadhana hetu upyukta sthan ka varnan” in volume 47, issue 4 October-December 2022.
- Published a research paper in “Perspectives in Social Work” a CARE – Listed journal with titled “An assessment of selected physiological variables on yoga inter-university and non-inter-university participants during covid-19 pandemic” in volume XXXVII, (No.3) December 2022.
- Published one research paper in “International Journal of Yogic, Human Movement and Sports Sciences” a Peer Reviewed, Refereed Journal, Index Journal with titled “Investing the effects of yogic intervention on cardio-respiratory endurance, oxygen saturation levels, emotional intelligence, and psychological well-being: A review study” in 2024:9(1): 172-175. DOI- <https://doi.org/10.22271/yogic.2024.v9.i1c.1546>
- Published one research paper in “International Journal of Yogic, Human Movement and Sports Sciences” a Peer Reviewed, Refereed Journal, Index Journal with titled “EFFECT OF YOGA PROTOCOL TRAINING ON SELECTED PHYSIOLOGICAL VARIABLES ON SCHOOL GOING CHILDREN BELONGING TO GARHWAL” in 2024:9(1): 176-179. DOI- <https://dx.doi.org/10.22271/yogic.2024.v9.i1c.1547>

- Published a research paper in “Indian Journal of Physiology and Pharmacology” with titled “Exploring the Health Benefits of Bhramari Pranayama (Humming Bee Breathing): A Comprehensive Literature Review” on 21/03/2024.

#### **LIST OF RESEARCH PAPER PRESENTATION IN NATIONAL & INTERNATIONAL CONFERENCE:**

- Presented one research paper in “International conference on Indian traditional yoga system theory and practice” with title “Hath yogic granthon me yog siddhi ke lakshan: ek vishleshnatmak addhyayan” held at Gurukul Kangri (Deemed to be University), Haridwar from 24/05/2022 to 26/05/2022.
- Presented one research paper in “National seminar on Yoga” with title “Yoga me nihit samgra swasthya prabandhan: ek vivechanatmak addhyayan” held at Himalayan school of Yoga sciences SWAMI RAMA HIMALAYAN UNIVERSITY, ON 20/07/2022.
- Presented one research paper in “6<sup>th</sup> International conference on Yoga, Yagya & Ayurveda” with title “Effect of yoga protocol on Muscular strength and endurance of school going children ” held at AIIMS Rishikesh from 07/12/2023 to 08/12/2023.
- Presented one research paper in “Three-Day International conference on YOGA VENTURE: EMBARKING THE JOURNEY OF BODY, MIND AND SOUL” with title “Effect of yoga protocol on Anxiety, Depression and Stress of male school going children belonging to Gwalior ” held at SHRI RAWATPURA SARKAR UNIVERSITY RAIPUR (C.G.) from 21/02/2024 to 23/02/2024.

#### **LIST OF ATTENDED WORKSHOPS:**

- Attended a workshop on “Traditional Yoga and Yoga Therapy” at LNIPE Gwalior from 24/02/2020 to 01/03/2020.
- Attended a workshop on “Advance Physiotherapy & Sports Injury Centre” at D.S.V.V., Haridwar on 17<sup>th</sup> Aug.2014.
- Attended a workshop on “Research Methodology” at D.S.V.V., Haridwar on 10-11 Sept.2013.
- Attended a workshop on “Marma Chikitsa Workshop” at D.S.V.V., Haridwar on 31<sup>st</sup> oct to 2<sup>nd</sup> nov.2012.