

Curriculum Vitae



CAREER OBJECTIVE

To involve in the Nation building activities and the World at large to realize one's own Self

Personal Information.

Name	Dr. Anshu
Date of Birth	15.04.1995
Nationality	Indian
Civil Status	Married
Permanent Address	Moh. -S.D.M. Colony (Farrashan), Shahabad District-Rampur (U.P.) Pin-244922 Mob. -9997285995, 8630443264 Email.-anshuarya7732@gmail.com
Current Job	Assistant professor, Amity University, Noida Uttar Pradesh
Current Address	Sector 125, Noida, Uttar Pradesh

Educational Qualifications:

- ❖ Ph.D. in yoga science from AIIMS Rishikesh (Awarded 10th may 2024)
- ❖ **JRF (Junior Research Fellowship) & NET (National Eligibility Test)**
Qualified 2017
- ❖ M.A. Ist Division Yoga Science from University of Patanjali in 2017 **(74%)**
- ❖ B.A. Ist Division Yoga Science from University of Patanjali in 2015 **(70.25%)**
- ❖ Intermediate 1st Division Passed from U.P. Board Allahabad in 2012 **(66%)**
- ❖ High school 1st Division Passed from U.P. Board Allahabad in 2009 **(65%)**

Experience

- 1 year 10 months experience as an Assistant Professor at “**Shri Guru Ram Rai University**” Dehardun, (Uttarakhand)
- 7 months 15 days Experience as a Yoga teacher at “**Sanatan yoga Sandesh**” laxhman jhula Rishikesh (Uttarakhand)
- 10 months 15 days Experience as a Yoga teacher at “**University of Patanjali**”
Haridwar Uttarakhand
- **10 months experience as a research associate at “University of Patanjali”**
Haridwar Uttarakhand
- 5 years' experience of research work at “**AIIMS Rishikesh**”

Other Qualifications:

- ❖ 200 HYTTC from Isha Vasyam Yoga School Rishikesh RYS ID (340733)
- ❖ Correspondence course of acupressure healing science 2021-2022 from acupressure shodh prashikshan evam upchar Sansthan Prayagraj
- ❖ Diploma of Naturopathy and yogic Science (D.N.Y.S.) from Jeevan Jyoti Naturopathy center Dehradun
- ❖ Basic Pranic Healing Course from All India Yoga Vidhya Pranic Healing Foundations Trust 2019

Computer Proficiency:

- Basic Knowledge of Computer.
- Diploma in Course on Computer concepts (CCC) from IHT network limited Chandausi (U.P.)

Special Achievement

“Gold Medalist” of the University of Patanjali (M.A. Yoga, batch 2015-2017)

Awards & Achievements/ Certificates

- I have got Rs. 21000 cash prize and certificate for *Kanthastha* “**HATHA YOG PRADIPIKA**” From Param Pujya Swami Ramdev Ji Maharaj in 2018
- I have got Rs. 25000 cash prize for *Kanthastha* “**SHRIMAD BHAGAVAD GEETA**” From Param Pujya Swami Ramdev Ji Maharaj in 2017
- I have got Rs. 5000 cash prize for *Kanthastha* “**PATANJALI YOG SUTRA**” From Param Pujya Swami Ramdev Ji Maharaj in 2016
- Certificate of “**CHINESE ACUPRESSURE TRAINING**” 2017
- I have got **1st position** certificate in Abhyudaya Yoga competition in **PATANJALI UNIVERSITY** 2016
- Certificate of National Seminar on **WORLD PEACE & HARMONY THROUGH YOGA** 2016
- I have got **2nd position** certificate in Yoga competition in **PATANJALI UNIVERSITY** 2015
- State Yoga Championship certificate in **DEV SANSKRITI UNIVERSITY** 2016 & 2014
- Yoga competition certificate in **INTERNATIONAL YOGA FESTIVAL** 2014
- Second International Conference certificate of **YOGA FOR HEALTH AND SOCIAL TRANSFORMATION** 2013
- Certificate of Participation in **SANSKAR YOG SHIVIR** 2012
- “**B**” certificate of National Service Scheme (NSS) 2015

Publications

1. Anshu, Kumar R, Malik S, Singh N. Yoga reduces stress among board exam aspirants. Praxis International Journal of Social Science and Literature ISSN-2581- 6675 SJIF- 5.75, September 2021 Vol-4 Issue-9:108-113
2. Anshu; Sindhwani G; Kumar R; Sharma G.S.; Malik S. Effect Of Various Breathing Techniques on the Quality of Life in Patients with Mild to Moderate Asthma: A Narrative Review. International Journal of Innovative Science and Research Technology SJIF 2020 = 6.253 ISSN No:2456-2165, 1040-1045, Volume 7, Issue 7, July – 2022
3. Anshu A, Malik S, Mahto P kumar, Prajapati S. The role of Aerobic Exercise in Bronchial Asthma: A review. Int J Alt Comp Med [Internet]. 2022Aug.25 [cited 2022Aug.31];3(2):17-9.

4. Anshu, Kumar R, Sharma G.S., Moray A, Arya D. Effect of pranayama on stress, anxiety level and sleep quality in post-COVID-19 patients: A narrative review. *International journal of Yoga & allied sciences*, ISSN No: 2278–5159, 89-94, Volume 11, Issue 2, July – Dec 2022
5. Prakash N, Malik S, Anshu, Agrawal MK & Maurya A. Role of Yoga Nidra in Combating Perceived stress and Anxiety: A Review *Praxis International Journal of Social Science and Literature (A Multidisciplinary and Multilingual Monthly Research Journal)* 2020 September Vol-3 Issue-9:18-22
6. Agrawal MK, Malik S, Anshu. Effect of Yagya Science on Environment: A Review . *Int J Alt Comp Med [Internet]*. 2022Feb.13 [cited 2022May7];3(1):01-4. Available from: <https://www.saap.org.in/journals/index.php/ijacm/article/view/285>
7. Ramesh Kumar, Saloni Malik, Gaurav Saurabh Sharma, Ananya Gupta, Anshu. An Alternative Yogic Approach for Premature Ejaculation—A Narrative Review. *MLU [Internet]*. 2022 Apr. 16 [cited 2022 May 7];22(2):132-9. Available from: <https://ijop.net/index.php/mlu/article/view/3241>
8. Anshu, Singh N, Deka S, Saraswati P, Sindhwani G, Goel A, Kumari R. The effect of yoga on pulmonary function in patients with asthma: A meta-analysis. *Complementary Therapies in Clinical Practice*. 2022 Nov 8:101682.
9. Anshu, Mahto P kumar, Kumar R. Traditional yoga for bronchial asthma: A review. *International Journal of Pulmonary and Respiratory Sciences*. 2022 july Vol-4 Issue-1:1-2
10. H, U., S, M., A, A., Pk, M., R, K., R, D., D, S., Aa, M., & Panda, P. K. (2023). Effects of Active Compounds of *Nigella sativa* in COVID-19: A Narrative Review. *Recent advances in anti-infective drug discovery*, 10.2174/2772434418666230222140805. Advance online publication. <https://doi.org/10.2174/2772434418666230222140805>
11. Kanaujia S, Saraswati P, Anshu, Singh N, Singh S, Kataria N, Yadav P. Effect of yoga and mindfulness on psychological correlates in young athletes: A meta-analysis. *Journal of Ayurveda and Integrative Medicine*. 2023 May 1;14(3):100725.
12. Anshu. Dr. Sindhwani G. Yoga Therapy complementing conventional medical treatment in Asthma: A Case Report *AMNAYIKI* vol.-24, Issue-11, july–December 2023.

13. Yadav A, Sindhwani G, Kumari R, Goel A, Bisht K. Effect of adjuvant yoga therapy for asthma control: A randomized controlled trial. *Journal of Ayurveda and Integrative Medicine*. 2024 Jan 1;15(1):100847.
14. Yadav A, Kumari R, Goel A, Sindhwani G, Singh N, Khanduri R. Efficacy of a Structured Yoga Intervention Integrated with Routine Care versus Exercise on Pulmonary Function and Quality of Life of Asthma Patients: A Randomized Controlled Trial. *Adv Mind Body Med*. 2024 Spring;28(2):10-15. PMID: 38837777.
15. Anshu, Rayal S.P. (2024) Yoga Therapy in Asthma Management: Enhancing Outcomes. *Mukt shabd journal UGC CARE listed Group 1*. Volume XIII, Issue VI, JUNE, page no.623-629.
16. Prerna, Anshu (2024) Regular practice of yoga for better performance in Sports. *Annals of the Bhandarkar Orientation Research Institute UGC CARE listed Group 1*. Volume CI, Issue 9, August, page no.70-75 ISSN – 0378-1143.
17. Dr. Anshu, Dr. Narendra Singh, Yatharth Khanna, Veena Bhatt, Tushar, Uttam, Shubham. Role of Yoga and Naturopathy in Lifestyle Disorders: A Review. *Library Progress International*. Vol.44 No.3, Jul-Dec 2024: P.18657-18661
18. Yadav A, Singh N, Deka S, Sindhwani G. Enhancing Asthma Management: The Impact of Online Holistic Yoga on Symptom Relief and Lung Function in Mild to Moderate Asthma Patients: A Pilot Study. *Adv Mind Body Med*. 2025 Summer;39(3):10-15. PMID: 40489371.

Patent

1. Portable Yoga Posture Monitoring Device, published patent, design no. 428394-001, Serial no. 182878, on 27/08/2024 by **The Patent Office, Government of India**.

Project being pursued / carried out by Co-Investigator

S.N	Title of Project	Funding Agency	Duration From To	No. of Scientists/ Associates working under the projects	Total approved cost of the project (in Rs.)

1.	To evaluate the therapeutic effects of yoga vs usual care on hepatic steatosis indices and quality of life among patients diagnosed with metabolic liver disease: A randomized controlled	AIIMS Rishikesh	2022 - 2024	7	3,19,800
	trial.				

Outreach Programme

1. Completed Faculty Development Program (FDP) on **“Research Methodology in Social Science”** and obtained Grade A+ organized by MMTTC, from Nov, 12th to Nov, 18th, 2025.
2. Completed and obtained Grade A+ in online **Guru Dakshta (Faculty Induction) Program** organized by MMTTC, H.N.B. Garhwal University from Aug, 21st to Sep, 19th, 2024.
3. Completed Faculty Development Program (FDP) on **“Methods for improving higher education teaching Quality using outcome based education, pedagogical approaches and NEP 2020 (OBENEP24)”** Organized by department of computer science & Engineering in association with (IQAC) Haldia institute of Technology from 22 to 26th July 2024.
4. Completed Faculty Development Program (FDP) on **“Impact of AI based LMS and its Benefits”** Organized by (IQAC) SGRRU from 3rd June to 7th June 2024.

Oral Paper Presentations

1. Title: **“Emerging Diagnostics and Therapeutics for Non-alcoholic Fatty Liver Disease”**
Conference Name: 12TH INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE (25th July 2024) 35 Ruddlesway, Windsor, Berkshire, SL4 5SF
2. Title: **Yoga as a therapeutic intervention in the treatment of asthma: a pilot study**
Conference Name: International Conference on Indian Traditional Yoga system theory and

practice. (24th to 26th May 2022) Gurukul Kangri university, Haridwar.

2. Title: **Yoga therapy complementing conventional medical treatment in asthma: A Case report.** Conference Name: National seminar on historical developments & modern perspectives in yoga. (11th to 13th June 2022) Mahapurusha Shrimanta Shankaradeva Vishwavidyalaya, Rupnagar Guwahati Assam

3. Title: **Effectiveness of Yoga Nidra in stress and Anxiety: A Review**
Conference Name: One day international conference on Sankhya : The Philosophy of yoga. (21st June 2022) Banaras Hindu University, Banaras

4. Title: **The effect of breathing exercises on the Quality of life of asthmatic patients: A Narrative Review.**

Conference Name: One day National Seminar on Social restructuring through yoga. (20th July 2022) SRHU Dehradun.

5. Title: **Yoga Reduce Performance Anxiety among board exam Aspirants.**

Conference Name: Recent advances in Physical Education. (22th-23th July 2020) Maharani Kishori jat Kanya Mahavidyalaya, Rohtak

Poster Presentations

1. Title: **Efficacy of Holistic Online-Yoga Practice as an Adjunct to Standard Treatment in Symptomatic Management & Pulmonary Functional Status vs Standard Treatment with Placebo Exercise among Mild to Moderate Asthmatic Outpatients of a Tertiary Care Hospital: A Pilot Randomized Controlled Trial.**

Conference Name: International Conference on Modernization of Traditional Indian Medicine: Industrial perspective. Patanjali research institute, Haridwar

2. Title: **Effect of Pranayama on COPD Patients: A Review.**

Conference Name: UGC funded National conference on “unfolding the Potentials of Women including Girls and children Enhancing the benefits Exponentially for one and all sbka sath sbka vikas” held on 27th March, 2021. Organized by Aditi mahavidyalaya, university of delhi.

Article/Chapter sent for publication	
1.	“Psychophysiological Effects of Hatha Yoga in Patients with Musculoskeletal Disorders: A Meta-Analysis” (under Review)

The Number of Scientific Training Programmes Attended

1. Workshop on “**Basic Life Support (BLS)**” at AIIMS RISHIKESH
2. Workshop on “**Update on Plagiarism and Referencing**” at AIIMS RISHIKESH
2. Workshop on “**Evidence Based Medicine in Clinical Practice**” at AIIMS RISHIKESH
3. Workshop on “**Basics of Research Methodology, Biostatistics and Evidence Based Medicine**” at AIIMS RISHIKESH
4. Workshop on “**Skill Enhancement for Effective Digital Presentation**” at AIIMS RISHIKESH
5. Workshop on “**Hand Hygiene and Biomedical Waste management**” at AIIMS RISHIKESH
6. Workshop on “**Occupational Health Hazard and Vaccination**” at AIIMS RISHIKESH
7. Participation on “**Advanced course on sample size calculation**” under Padam Singh research & development scheme held on 14 February 2020 & 15 February 2020 at Christian medical college & hospital, Ludhiana.

8. Participation on World's First Symposium on **Role of meditation in prevention and treatment of cardiovascular disease** at AIIMS Rishikesh.
9. Participation on International conference Titled "**Promotion of human values through the Practice of yoga and Transcendental Meditation**" at Maharishi Mahesh Yogi Vedic Vishwavidyalaya. 21st June 2022

Key Skills

- Positive attitude.
- Regular and Punctual
- Complete my Work (with my best efforts).
- Good Technical, Communication skills.
- Hardworking
- Confident

Personal Details:

- Father's Name Mr. Sohan Singh
- Mother's Name Sharda Devi
- Marital Status Married
- Nationality Indian
- Place of birth Rampur
- Date of birth 15 April 1995
- Known Language English & Hindi

Hobbies:

Reading spiritual Books, playing guitar, Surfing Net, giving time to yoga practice

Strength:

Subject Expertise, Time management & Discipline

Declaration

I hereby, declare that the details mentioned above are true to the best of my knowledge and belief, and promise to present the testimonials whenever required.

Date: 20/01/2025

Place: Noida

(ANSHU)