

CURRICULUM VITAE (C.V)

PERSONAL DETAILS

DR. ANUJ KUMARI



DR. Anuj Kumari

Ph.D., M.Sc. (Gold medalist), B.Sc. B.Ed.

Birth Place: V.P.O Jharoda, Tehsil: Buhana, District: Jhunjhunu, Rajasthan,
Pin code:333034

Residential Address: V.P. O Jhanswa, Jhajjar, Haryana, India.pincod:124146.

Mobile no: 7988995171

Email: jwalitjhakar@gmail.com

Date of birth: 28th July 1994

Nationality: Indian, **Religion:** Hindu

EDUCATION HISTORY

Nov 2020-March 2024: Central University of Haryana, Mahendergarh, Haryana, India.

Ph.D. Yogic science.

July 2018 - 2020: University of Patanjali, Haridwar, Uttarakhand, India.

MSc. Yogic science (Gold medalist)

July 2014 - 2018: Maharshi Dayananda University, Rohtak, Haryana, India.

BSc. Bed., Zoology, Botany, Chem. science 1st rank holder

March 2008-2013: Singhania International School Jhunjhunu Rajasthan, India.

High school (P.C.B)

March 2000-2007: Center School Ranikhet, Uttarakhand, India Primary school.

Throughout Academic performance: **first division with highest rank.**

Dring PhD. She worked as JRF for 2 years and as SRF for 1 year 2 months, in Department of Yoga from November 2020 to January 2024. During this period, she has also instructed postgraduate students in practical and theory. She is a very sincere and dedicated scholar having good academic knowledge and working experience in the field of Yoga.

Anuj Kumari was born in Rajasthan, India. in 1994. She was highly active in all co-curricular activities during schooling. As she progressed through middle and high school, she became very interested in medical and ancient pieces of literature. She received the highest rank in her B.Sc. B.Ed. (Professional course) in medical stream at Maharshi Dayananda University (MDU) Rohtak, Haryana, India in 2018 and M.Sc. in Yoga science at University of Patanjali Haridwar, Uttarakhand, India, with the highest honors (Gold medal) by president of India in 2020. During her studies, she also participated in various national and international conferences and workshops. After qualifying UGC.NET JRF, she gets enrolled in Ph.D.

Her main interest is an interdisciplinary study and mainly centers on the science of Yoga, Reverse aging, and Neuroscience.

PhD. Thesis Topic: **EFFECTS OF YOGIC INTERVENTION ON PARAMETERS OF AGING IN COVID-19 RECOVERED PATIENTS OF SOUTH HARYANA: A RONDONIZED CONTROLLED TRIAL**

- **CTRI NO.: CTRI/2022/05/042896**
- **Ethical file no: CUH/IHEC/2022/02.**

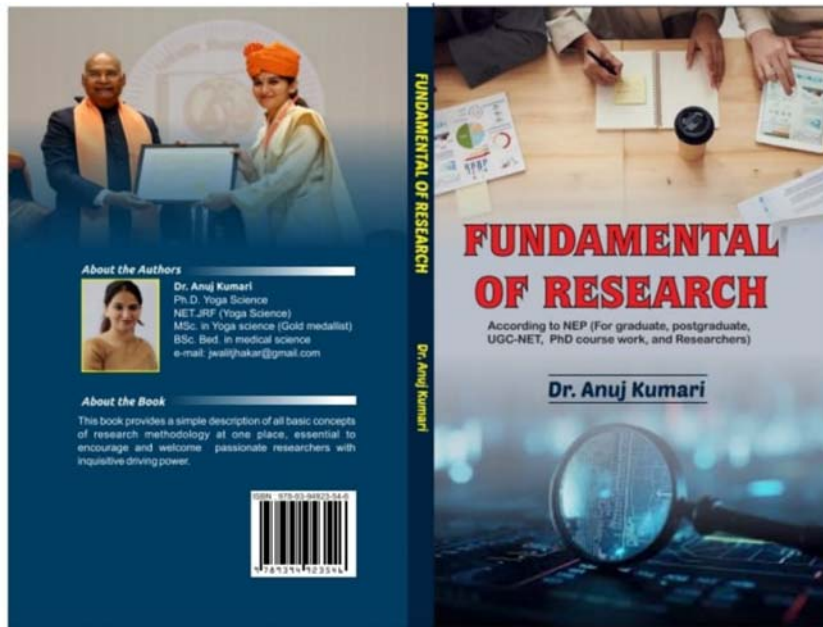
Academic Qualification Details

	Name of Examination passed	Subject of the examination	School/college name	Board/Unive rsity	Year of passing	% of mark s
1	Matriculation	Hindi, English, Math, Science., S.S.T Computer	NDSI School Jhunjhunu RAJ.	C.B.S. E	2010-11	89.4
2	Intermediate/10+2	Biology, Chemistry, Physics, English, Physical Education.	NDSI School Jhunjhunu RAJ.	C.B.S. E	2012-13	82.4
3	Graduation	BSc. B.Ed.	SIASTE (State Institute of Advanced Studies in Teacher Education) Prarambh Jhajjar.	M.D.U Rohtak	2014-18	81.5
4	Post-Graduation	Yoga science	UOP (University of Patanjali) Haridwar, Uttarakhand.	UOP Haridwar	2018-20	83
5	PhD. Course work	Yoga Science	Central University of Haryana	CUH Haryana	2020 -24	80.25

PhD. In yogic science Awarded on 1 st March 2024

Three times NET (JUNE AND DECEMBER 2019), NET.JRF (2020) **Yoga science**

CIT (Communication and Information Technology) Computer	Computer	IGNOU	IGNOU	JUNE 2014
National skills qualification framework level-5	Yoga	Beauty and Wellness Sector Skill Council	Pradhan Mantri Koshal Vikas yojana, skill India.	22 March 2019
Certificate course in Sanskrit language	Sanskrit	Rastriya Sanskrit Sansthan, MHRD, Govt, India.	MHRD, Govt, India New Delhi Accredited by NAAC.	2018-19
Diploma course in Sanskrit language	Sanskrit	Rashtriya Sanskrit Sansthan, MHRD, Govt, India.	MHRD, Govt, India New Delhi Accredited by NAAC.	2019-20
NPTEL Certificate course in Research Methodology	Research methodology	from Indian Institute of Technology Madras (IITM) Jan-Apr 2022.	Indian Institute of Technology Madras (IITM) Jan-Apr 2022.	2022 JAN - JUNE
Certificate course in “Acupressure Healing Science (CAHS)”	Acupressure	Acupressure Shodh, Prashikshan Evam Upchar Sansthan July-Dec. 2022	Acupressure Shodh, Prashikshan Evam Upchar Sansthan July-Dec. 2022	2022 JULY- DEC.



Respiration with Kumbhaka & Bandha



Anuj Kumari
Dr. Ajaypal

‘योग को वैज्ञानिक तरीके से प्रमाणित करने की जरूरत’

महेंद्रगढ़, 4 दिसम्बर (परमजीत, मोहन): हरियाणा केंद्रीय विश्वविद्यालय (हकेवि), महेंद्रगढ़ में योग विभाग के सहायक आचार्य डॉ. अजय पाल के निर्देशन में अनुसंधान कर रही योग विभाग की शोधार्थी अंजु कुमारी ने वैज्ञानिक अनुसंधानों पर आधारित पुस्तक ‘रेस्पिरेशन विथ कुम्भक एंड बन्धा’ प्रकाशित की है। विश्वविद्यालय के कुलपति प्रो. टेकेस्वर कुमार ने अंजु कुमारी की पुस्तक का विमोचन कर उन्हें इस प्रकाशन के लिए शुभकामनाएं दीं।

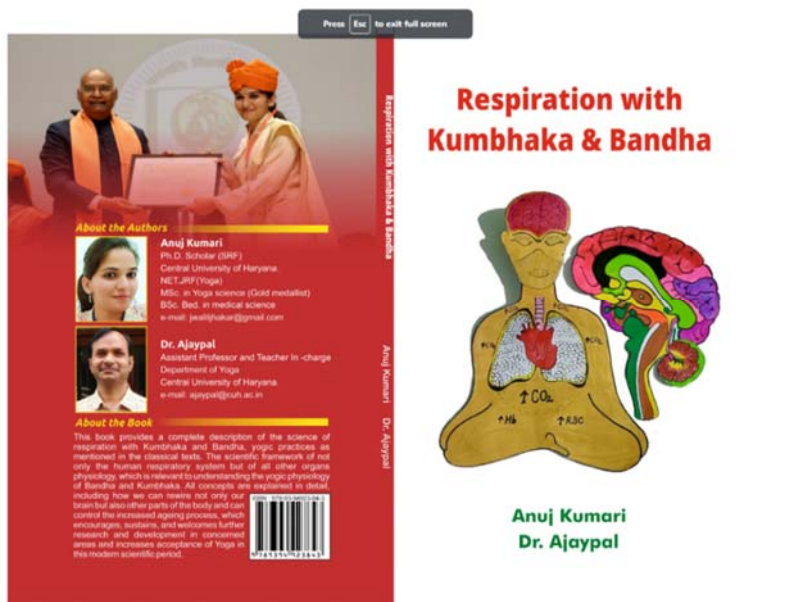


अंजु कुमारी की पुस्तक का विमोचन करते कुलपति।

उन्होंने योगिक अभ्यास की गहराई को जानने के लिए योग को वैज्ञानिक तरीके से पुनर्स्थापित और प्रमाणित करने की आवश्यकता पर जोर दिया। योग विभाग की विभागाध्यक्ष प्रो. नैलम सांगवान ने विभाग की प्रगति पर प्रसन्नता व्यक्त की और ऐसे ही लगातार उन्मत्त करने की प्रेरणा और शुभकामना दी। इस अवसर पर योग विभाग के सहायक आचार्य डॉ. नवीन भी उपस्थित रहे और उन्होंने भी विद्यार्थियों को नित नू. आरंभ तक पहुंचाने की प्रेरणा दी। यह पुस्तक शास्त्रीय ग्रंथों में वर्णित कुम्भक और बंध के साथ श्वसन के विज्ञान का संपूर्ण विवरण प्रदान करती है।

न केवल मानव श्वसन प्रणाली बल्कि अन्य सभी अंगों के शरीर विज्ञान का वैज्ञानिक ढांचा, जो बंध और कुम्भक के योगिक शरीर विज्ञान को समझने के लिए प्रासंगिक है। पुस्तक में मस्तिष्क, शरीर के अन्य हिस्सों को कैसे दुरुल करने तथा उस बढ़ने की प्रक्रिया को नियंत्रित करने को भी विस्तार से समझाया गया है। यहां बातें हैं कि हकेवि का योग विभाग शिक्षण और प्रशिक्षण से संबंधित कार्यक्रमों का आयोजन करवाता है। योग विभाग के शोधार्थियों ने अपने विषयों में कई रैंडम प्राप्त किए हैं और उनके अनुसंधान पर भी प्रकाशित किये हैं। इसके साथ-साथ शोधार्थियों ने पुस्तकों के लेखन में भी आगे आ रहे हैं।

बिना टाइमर Tue, 05 December 2023
<https://epaper.navodayatimes.in/c/74041167>



PUBLICATIONS

Research Papers Published:

1. To understand yoga's effects on reverse aging in terms of telomere length & telomerase activity: A narrative review **Kumari, A.**, Neeraj, N., Yadav, A., & Pal, A. (2022). **International Journal of Health Sciences, 6(S2), 9910–9936. (Impact factor:2.96)**
2. **कुमारी अंजलि, अजय पाल | शब्दार्णव, An International Peer Reviewed Refereed Journal of Multidisciplinary Research, Year -8 Vol. 15, Part-IV January- June,2022 ISSN no. 395-5104. Page no. 177-181 (Impact factor 6.125)**
3. Impact of Physical Activity on Central Nervous System, Neurogenesis, and Brains Aging, **Anuj Kumari**, Pardeep Kumar, Dr. Arti Yadav, Prof. (Dr.) Pawan Kumar Maurya, Dr. Ajay Pal. (2022). **Journal for ReAttach Therapy and Developmental Diversities, 5(2s), 229–234. Impact factor 0.57**
4. Concept of Yogic/Panchgavya diet and Holistic health” in IP Journal of Nutrition, Metabolism and Health Science Medharthi N, Pal A, Saini A, Yadav S, **Kumari A**, Pandit N, Concept of Yogic / Panchgavya diet and holistic health. **J Nutr Metab Health Sci 2022;5(4):143-146**
5. Impact of Yoga education on psychological parameters of central university of Haryana students” Neeraj1*, **Anuj Kumari**2, Dr. Ajay pal3 **Journal of Positive School Psychology http://journalppw.com2022, Vol. 6, No. 8, 8927-8929**
6. The concept of Bhagwatgita in Yoga therapy and Cowpathy, International Journal of cow science Neeraj, **Kumari A**, Pal A, Chauhan R S, The concept of bhagwadgita in yoga therapy and cowpathy. **Int J Cow Sci 2022;6(1):38-41 ISSN:0973-2241**
7. Mitahara promotes healthspan and longevity, **Anuj Kumari**, Neeraj and Ajay Pal, **Kala Sarovar, Vol. 24, No. 3, page no. 49-52, Part 2,707, 2021 (Impact factor 4.015)**
8. Effect Of Cleansing Techniques and Bhastrika Pranayama Combating the Asthma Symptoms: A Narrative Review Niti Tomar, **Anuj Kumari**, Dr. Ajay pal (**UGC -CARE Listed (Group -1) Journal, e-ISSN 2320-7876www.ijfans.org, Vol.11, Iss.09, 2971-2979.,2022.**
9. Analyses of A1 Milk and its Impact on Health: An Article, Neeraj, **Anuj Kumari** and Ajay Pal, **Kala Sarovar, Vol. 25, No. 2, 568-569, 2022.**
10. A paper published in conference proceedings P. Kumar, **A. Kumari**, S. Rani, A. L, A. Pal and V. L. T, "Role of Umbilicus on the Digestive System," *2022 International Conference on Smart and Sustainable Technologies in Energy and Power Sectors (SSTEPS)*, **IEEE Mahendragarh, India, 2022, pp. 295-297, doi: 10.1109/SSTEPS57475.2022.00079..**
11. “Regulation of different nutrient -sensing pathways by Yogic diet and practice- A descriptive study” **Anuj Kumari**, Dr. Monika Rani, Dr. Ajay Pal, **YOG-GARIMA ISSN:2583-8318, March, 2023, Volume 1, Issue1, Page 35-43, /OPEN ASSESS / <https://www.yoggarima.com/> DOI:10.52984/yogarima1107.**

12. “Yogic Practices and Homeostasis” Neeraj, **Anuj Kumari**, Ajay pal / SUDI-KSHA- A CUPB Newsletter” on Yoga/ Volume 20 (No.2). 38-41
13. Yoga Influences Gut Microbiome: A Conceptual Study Dr. Manorama Nikhara, **Anuj Kumari**^{2*}, Dr. Monika Rani (**UGC -CARE Listed** (Group -1) Journal, e-ISSN 2320-7876www.ijfans.org, Vol.12, Iss.1, 3348-3354., 2023. I.F :7.83
14. Yoga and Yajya are Complementary to Each Other – A Review **Anuj Kumari**1 Dr. Monika Rani2 & Dr. Ajay International Journal of Yoga and Allied Sciences Vol 12, No: 2, July-Dec 2023, ISSN: (2278-5159) pp: 241-246
15. Yoga attenuates hallmarks of Skin aging, **Kumari, A.**, & Medharthi N., (2024). Yoga attenuates hallmarks of aging in press Impact factor 4.7, volume 10, issue -3, **Page No : 247-253**, **Doi : <http://doi.org/10.18231/j.ijced.2024.044>** Indexed in Scopus (**IP Indian Journal of Clinical and Experimental Dermatology**)
16. Meditation leads to adaptation: A review, **Anuj Kumari**, Dr. Monika Rani, Dr. Ajay Pal in **progress...**
17. To Know the impact of Kumbhaka and Bandha on Healthspan and Longevity, **Kumari, A.**, & Pal, A. (2023) (**African Journal Biological Sciences**) In press Impact factor- 1.08. in **progress...**
18. “How Diet Controls Accelerated Aging”, **Anuj Kumari**, Dr. Monika Rani, Dr. Ajay Pal. **in progress...**
19. **Kumari A**, Pal A, Dada R (October 19, 2024) Effects of Yogic Practices Synchronized With Bandha and Kumbhaka on Biological and Psychological Factors of Aging in COVID-19-Recovered Patients: A Randomized Controlled Trial. Cureus 16(10): e71884. doi:10.7759/cureus.71884 (journal Cureus Impact Factor 1.3 PUBMED indexed).
20. **Kumari A** ‘Education and Yoga for Sound Citizen in a Sound Nation’ Journal of Smart, Innovative and Advanced Studies in Teacher Education (J-SIASTE) (Peer Reviewed & Refereed Journal Published by SIASTE Haryana) URL: www.journal.siaсте.ac.in E-mail: journal@siaсте.ac.in

PATENT PUBLISHED

1. **Patent:** Application no. **202311028394**, ‘**ANUJ DHAUTI VASTI VATA YANTRA**’ A device relates generally to health equipment and more particularly to a device for facilitating the performance of certain Yogic cleansing practice known as Shatkarma (Vatsara dhauti and Bahiskrit Dhauti).

BOOKS PUBLISHED

1. ‘Respiration with Kumbhaka and Bandha’ Author: Anuj Kumari, Co-Author: Dr. Ajaypal First Edition: 2023 ISBN: 978-93-94923-84-3
2. Fundamentals of Research by DR. Anuj Kumari, Book Name: Fundamentals of Research, First Edition: 2024 ISBN Number: 978-93-94923-54-6
3. CBSE Book for class 11th: Yoga (subject code :841) Skill development. In progress...

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Experience: Dring PhD. She worked as JRF for 2 years and as SRF for 1 year 2 months, in Department of Yoga from November 2020 to January 2024. During this period, she has also instructed postgraduate students in practical and theory.

Working as a Yoga Skill faculty at Sri Vishvakarma Skill University, Palwal from 3rd September 2024-sep 2025.

Working as Assistant professor, From Sep. 2025 AIISM Amity University Noida.

PAPER PRESENTED

- Presented a poster entitled “**Impact of Yoga on Healthspan and Longevity**” Organized by Advance center for treatment, Research and Education in Cancer (ACTREC) Tata Memorial center Navi Mumbai India, 9th and 10th December 2021.
(Poster presentation)
- Participated in the competition “**Wonders of Innovation**” organized by the Centre of innovation and incubation, Central University of Haryana (25th February 2022)
(Poster presentation)
- Presented a paper entitled “**To Know the impact of Kumbhaka and Bandha on Healthspan and Longevity**” Organized by the University of Gurukul Kangari Haridwar Uttarakhand, India 24th and 26th May 2022. Indian Traditional Yoga System Theory and Practice
(Abstract Presentation)
- Presented a paper entitled “**Impact of Yoga Education on Psychological parameters of Central University Haryana Students**” Organized by Central University of Haryana, India 13th and 14th June 2022. Education for Sustainable Development: From Promises to Action
(Paper Presentation)
- Presented a paper entitled “**Role of Umbilicus on the Digestive System**” in international conference on smart and sustainable technologies in energy and power system (SSTEPS) 2022 Organized by the Central University of Haryana, India 7th to 9th Nov 2022.
(Paper Presentation)
- Delivered a lecture on **The Role of Yoga in Personality Development: Universal Human Values** During the induction program 2022-2023 on 23rd November 2022 at Central University of Haryana.
(Delivered Lecture)

- Presented a paper entitled **“Yoga and Hallmarks of Aging”** at an international conference on Yoga, Yagya, and, Ayurveda Organized by Shriram Yoga Training and Research Society U.P and Dev Sanskriti Vishwavidyalaya, Haridwar Uttarakhand, India 12th and 13th December 2022.
- Participated in organizing ‘Brain Awareness Week- 2023’ from April 4th -6th 2023. A lecture on topic how **‘Kumbhaka rewires your brain in D.P.S school** ‘Which is organized by Dana Foundation International Brain IBRO Research organization.

(Delivered Lecture)

- Participated in Yoga Day celebration 21st June 2023... (Delivered Yoga protocol)
- Presented a paper **“Effect of yogic practice with Kumbhaka and bandha on hemoglobin level in covid-19 recovered adults”** in 6th International conference on Yoga, Yagya and Ayurveda, on 7th-8th December 2023. (Paper Presentation)
- Paper presented in the 1st National Conference on “Professional Development of Teachers, Teaching and Taught in the 21st Century” held at State Institute of Advanced Studies in Teacher Education, Gurugram on May 11, 2024, paper entitled “Education and Yoga for Sound citizen in a sound Nation” (conference proceeding page no. 14).

PRIZE AND AWARDS

- **Post Graduation Academic Topper Scholarship from University 2018-2020**
 - **Junior Research Fellowship (JRF) From 30th November.2020**
 - **Awarded by President of India for academic excellence** (University gold medalist in MSc. Yoga Science)
 - **Awarded with cash prize of third position** in the competition of poster presentation in **“Wonders of Innovation”** organized by the Centre of innovation and incubation, Central University of Haryana (25th February 2022)
- (Poster presentation)
- **Award of excellence** in peer-reviewing from B P International, in recognition of an outstanding contribution to the quality of the book on 25th Jan- 2024 Certificate no: BPI/PR/Cert/8780A/DRA

SEMINARS/CONFERENCES ATTENDED

1. International Approach to Autoimmune Disorders (4th – 6th August. 2019) organized by Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan Haridwar.
2. Participated in a Workshop on “Cognitive Behaviour Therapy” Organised by the Department of Psychology, University of Patanjali, Haridwar on March 12th, 2019.
3. Participated in the Conference on “Yoga for Health and Therapy” organized by Patanjali Research Foundation, Haridwar, Uttarakhand, India from March 29-31, 2019.
4. Participated in the “National Workshop on Effects of Yoga Therapy on Metabolic Syndrome” organized by the Department of Yoga Science, University of Patanjali, Haridwar with Shatkarma Clinic and Research Centre, Patanjali Ayurved Hospital, Haridwar, Uttarakhand, India on March 15-17, 2019.

5. Participated in a webinar on *Common Yogic practices for everyone*, Yoga Sadhak Shri Charat Nirban, 21 June 2021 (6 am to 9 am).
6. Participated in a webinar on Development of Yoga from Mountain Caves to Business World, under Amrit Mahotsav of Azadi, Dr. K. Krishna Sharma, Prof (Dr.) Rajesh Raj, 3 July 2021.
7. Participated in a webinar on The Himalaya: Source of Health, Culture and Adventure; organized by Yoga, Trekking and Adventure Club on 15 September 2021.
8. Participated in a webinar on Sustainable practices in Adventure Tourism in India; organized by Yoga, Trekking and Adventure Club on 13 October 2021.
9. Participated in a webinar on *Sankranti in human life and Yoga*” organized by Yoga Department and Yoga, Trekking and Adventure Club on 14.01.2022.
10. Participated in a webinar on Suryanamaskara Practices for 21 days under the program 75 karod Suryanamaskara supported by Ministry of AYUSH Govt. of India from 6 January 2022 to 1 February 2022.
11. Participated in the Competition “Wonders of Innovation” organized by the Centre for Innovation and Incubation, Central University of Haryana, Mahendergarh on February 25,2022 and is awarded a certificate of participation in the event and Idea for Innovation.
12. Participated as a Judge on trial for District Yog asana Sports Championship 2024 organized by Mahendergarh Yoga asana sports association, affiliated to Yoga asana Bharat, Recognized by Ministry of Youth Affairs and Sports, Govt. of India on 22nd August 2024.

Selected as a “project research associate” in the DHR-ICMR project titled " Elucidating the role of Molecular Signature with Yoga Therapy in Diabetes" AIIMS New Delhi (awaited)

Selected as a guest faculty and contractual at Shri Vishwakarma Skill University Pawal, Haryana, First Indias skill Govt. University.

Working as a permanent faculty at Amity University Noida,U.P. India.