

**CURRICULUM VITAE
OF
PROFESSOR GANESH SHANKAR**



Name	PROFESSOR GANESH SHANKAR		
Date of Birth & Place	11-02-1958 in Bulandshar, Uttar Pradesh in India		
Passport Particulars	No. V9023039 issued at Bhopal-India & valid up to 13-07-2032		
Present Address	Department of Yoga, Dr. HS Gour University, Sagar -470003 (M.P.) India Mobile:91-9425656196 Email: hodyoga@gmail.com		
Permanent Address	207/T4, Highland Park Homes, Highland Marg Patiala Road, Zirakpur, Tehsil Dera Bassi, Distt. SAS Nagar, Punjab, India Mobile:91-9425656196 Email: hodyoga@gmail.com		
Pay Drawn in Feb.2023	Basic: 218200/- + D.A. as per Central Govt. rules.		
Positions Held	<ol style="list-style-type: none"> 1. Professor, Department of Yoga Education, 31-10-2005 to 28-02-2023 (Aprox. 18 Years) 2. Head, Department of Yogic Studies, 1989-2001 & 2003 to 28-02-2023(Aprox. 32 Years) 3. Dean, Educational Studies, 2007-2010. 2012 to 02-01-2015 and since 01-11-2016 to 28-02-2023 (Aprox. 12 Years) 4. Chairman, BOS in Yogic Education 1990 to 28-02-2023 5. Chairman, BOS in Physical Education 1990 to 28-02-2023 6. Member, Academic Council, Dr. HS Gour University, Sagar since 1990 to 28-02-2023 7. Chairman Examination committee in Education and Yoga Education since 2001 to 28-02-2023 8. Member of RDC in Education & Yoga Education since 1995 to 28-02-2023 9. University Executive council Member, Dr. Harisingh Gour University, Sagar (2008-2011) 10. Course Coordinator-Distance Education Dr. HS Gour University, Sagar <ul style="list-style-type: none"> ➤ PG Diploma in Yoga & Meditation Since 2002 to 2023 ➤ PG Diploma in Yoga & Psychotherapy since 2011 to 2023 ➤ PG Diploma in Yoga & Naturopathy since 2011 to 2023 11. President-World Council for Psychotherapy, Vienna, (Asian Chapter) since 1997 to till date 12. Director, Central Council for Research in Yoga and Naturopathy, Ministry of Health, GOI, New Delhi from 5-02-2002 to 05-03-2003 		
Academic Qualification	Examination	Board/ University	Year
	1. Matric	U.P.Board	1973
	2. Intermediate	M.P.Board	1975
	3. B.A.	P.U.Chandigarh	1977
	4. B.P.Ed.	P.U.Chandigarh	1978
	5. M.P.Ed.(Yoga)	Pbi.U.Patiala	1979
	6. M.Phil.	Pbi.U.Patiala	1983
	7. Ph.D.(Yoga Education)	Pbi.U.Patiala	1988
	8. P.G.Diploma in Yoga	Kaivalyadham Lonavla	1981
	9. Diploma in Gymnastics	NIS Patiala	1980
	10. Vyayama Visharad	HVPM Amarawati	1978
	11. M.A. Philosophy	Dr.H.S.G.V.V Sagar	1995
	12. D.Litt. (Yoga)	Dr.H.S.G.V.V Sagar	1999
Short Term Courses/Training Attended	<ol style="list-style-type: none"> 1. Training course on Yogasanas & Pranyama conducted by DLS Rishikesh from 5-4-1983 to 20-4-1983 at Chandigarh 2. Training course on Yogasanas & Pranayama conducted by DLS Rishikesh from 8-4-1984 to 18-4-1984 at Chandigarh 3. Orientation programme in Physical Education conducted by State Institute of Education Chandigarh (NCERT) from 15-3-1984 to 29-3-84. 4. Seminar cum orientation course in Korfbal and Basketball organised by Sports Department, K.U.Kurukshetra, From April 15- 17,1985 5. Yoga orientation course conducted by Indian Yoga Society from 1-31,July1986 6. Yoga Teacher's Training course (Junior) organised by Indian Yoga Society from 1-8-1986 to 31-10-1986. 		

	<ol style="list-style-type: none"> 7. Yoga teacher's course(Advanced) organised by Indian Yoga Society from 1-28 Feb.,1987 8. Workshop on Research & Training Methodology for Yoga and Naturopathy conducted by CCRYN, New Delhi from March 7-9,1995. 9. Reorientation Training programme conducted by CRIY, New Delhi from 1-31-Oct.1996. 10. Refresher course (U.G.C) conducted by LNIPE, Gwalior from 3-22 March, 1997 11. Short term Course on Office Automation organised by Department of Computer Science and Application, Dr.H.S.Gour Vishwavidyalya, Sagar (M.P.) from 20-9-1999 to 9-10-1999
Teaching & Research Experience (More than 38 Years)	<ol style="list-style-type: none"> 1. Lecturer Dr.H.S.Gour University, Sagar 31-09-1984 to 30-10-1989 2. Senior Lecturer, Dr.H.S.Gour University, Sagar 31-10-1989 to 30-10-1997 3. Reader, Dr.H.S.Gour University, Sagar 31-10-1997 to 30-10-2005 4. Professor, Dr.H.S.Gour University, Sagar 31-10-2005 to 28-02-2023 5. Director, CCRYN , Department of AYUSH, Ministry of Health and Family Welfare, GOI from 15-02-2002 to 05-03-2003 (on Lien)
Visiting Faculty / Hon. Professor	<ol style="list-style-type: none"> 1. Honorary Professor, International Academy for Teachers Education, Belgrade, Serbia -2010 2. Visiting Faculty, Japan Yoga Society, Tokyo (30 July to 03 Sept. 2006) 3. Visiting faculty- Commonwealth Youth Programme: Asia Pacific Centre, Chandigarh (19-10-1983 to 22-02-1984) 4. Member, Scientific Board of the International Society for Scientific Interdisciplinary Yoga Research, Belgrade, Serbia since Sept. 24, 2010. 5. Delivered Guest Lectures as Yoga expert during ,Festival of India in USSR (July, 1987) 6. Visiting Faculty, J.L.N.Police Academy, Sagar (8-15 Aug.1990) 7. Resource Person, Yoga Orientation Programme for trainees of the M.D. National Institute of Yoga, New Delhi (April 1999) 8. Resource Person, Refresher Course in Andhra University, Visakhapatnam, (April 2000) 9. Resource Person, for orientation& Refresher courses- ASC Dr.H.S.Gour University Sagar 10. Resource Person, for Refresher courses in Yoga- HRDC Rajkot 11. Resource Person, Mangalore University, Mangalore 12. Resource Person, WHO Project, MD National Institute of Yoga, New Delhi (Dec.2014) 13. Visiting faculty- DAV College Chandigarh (01-08-1976 to 31-03-1978) 14. Visiting Faculty- SD College Chandigarh (01-08-1981 to 21-02-1984)
Foreign Visits on Academic Exchange Programs	<ol style="list-style-type: none"> 1. U.S.S.R (1987) Delivered lectures on health, fitness, Yoga in various cities during the Festival of India in U.S.S.R from June 30th to 16th July,1987 2. Finland: (1987) Attended the Jyvaskyla Congress on Movement and sport in women's life Aug.17-21, 1987 and presented a paper entitled "Role of Yoga in physical education and sports" 3. Austria (1996) Chaired one scientific session, conducted workshop on yoga and health during the 1st congress of the world council for psychotherapy WCP from 30th June to 4th July ,1996, in Vienna and presented two papers entitled a) Yoga as sports medicine.b) Perspective of yoga form improving performance 4. U.K (1996) Visited and delivered lectures on Patanjali Yoga, Hatha Yoga, Health and therapy and conducted a workshop on Yoga and health at the "Yoga Research Centre in London and New Castle London (U.K.) from July 7-14,1996. 5. Austria (1999) Chaired one scientific session, conducted workshop and symposium on Yoga. Gave demonstration of Yogic practices and presented a key note lecture entitled "The development of Yoga Therapy. Awarded the certificate of appreciation for proficiency in Yoga. During the 2nd world council for psychotherapy WCP from July4-8,1999 in Vienna. 6. China (2001) Delivered keynote lecture on Stress Management by Yoga Psychotherapy. Gave morning lectures and conducted practical workshops. Awarded Certificate of Honour for the proficiency in Yoga Psychotherapy during the International congress on Psychotherapy -Dialogue Between East and West" held at Kunming, P.R.China from August 20-24,2001 7. Austria (2002) Chaired a scientific session, conducted workshop and symposium on Yoga. Presented a key note lecture entitled "Psychotherapy and Yoga".Awarded the certificate of appreciation for proficiency in Yoga during the 3rd congress of the world council for psychotherapy from July18-22,2002 in Vienna 8. Ukraine (2003)

- Delivered keynote lecture and conducted workshop on Yoga Psychotherapy during the XI Congress of the European Association for Psychotherapy on "Psychotherapy-identity and controversies, Lviv (Ukraine) from July10-13,2003
9. **Portugal (2003)**
Delivered keynote lecture on Yoga and Ecology of consciousness and conducted practical workshop on Yoga and consciousness during the IV International Congress of ALUBRAT from Oct.9-12,2003, Lisbon (Portugal)
 10. **Italy (2004)**
Delivered keynote lecture and chaired one scientific session of Yoga Therapy during the 3rd International congress on "The Couple in the 3rd Millennium, Penelope: the transformation of Revenge" held in Ascoli Piceno, Italy, 25-27 Feb.,2004
 11. **Russia (2004)**
Delivered Guest/keynote Lecture, conducted Master Class in Yoga and awarded "Certificate of Honour" during II Open Russian Breathing Congress from May,25-30, 2004. at St. Petersburg
 12. **Iran (2004)**
Delivered keynote lecture on Yoga and Psychotherapy around the World and chaired one scientific session during 2nd Asian Psychotherapy Congress on Psychotherapy in East: Dialogue among Civilization from 29th Sept.-1st Oct.2004
 13. **Italy (2006)**
Delivered keynote lecture and chaired one scientific session of Yoga Therapy during the 4th International congress held in Ascoli Piceno, Italy from 1-3 March, 2006. Also conducted a Pre Congress Workshop on Yoga and Psychotherapy from 20-27 Feb.2006.
 14. **Japan (2006)**
Delivered keynote lecture on "Re-Emerging Yogic Science: Instrument for Individual and Social Transformation" and chaired one scientific session during 3rd Asian Psychotherapy Congress on Psychotherapy in Tokyo (Japan) from 28th August to 1st September .2006
 15. **Russia (2007)**
Delivered keynote lecture and chaired one scientific session during the IV PAN-ASIAN congress on "Psychotherapy & Counseling in the Era of Change" held in Yekaterinburg, the Russian Federation, 15-23 May,2007
 16. **Athens (2008)**
Delivered keynote lecture and chaired one scientific session during the 13th International-2nd World Conference of APPAC on "Psychology, Neuropsychiatry and Social Work in Modern Times" held in Athens Hilton Hotel-2008
 17. **China (2008)**
Delivered keynote lecture and chaired one scientific session during the Vth world Congress of WCP held in Beijing , China, 12-15 October,2008
 18. **Italy (2011)**
Delivered keynote lecture and chaired one scientific session of Yoga Therapy during the 5th International congress on "Science and Culture, arts that meet between Myth and Reality" held in Ascoli Piceno, Italy,2011
 19. **Russia (2011)**
Delivered keynote lecture and chaired one scientific session during the Open International congress on "The Psyche and Psychical Processes as a Real Factor of Miracle-Creating Practice" held in St. Petersburg, Russia 25-28 June,2011
 20. **Morocco (2012)**
Delivered keynote lecture and chaired one scientific session during the World Regional Congress of Psychotherapy on "Psychotherapy, Neurosciences & Culture" held in Marrakech, Morocco 29-31 March, 2012
 21. **Serbia (2012)**
Delivered keynote lecture and chaired one scientific session of Yoga Therapy during the International Interdisciplinary Scientific Conference on "Yoga in Science-Future and Perspectives" held in Belgrade, Serbia 30Aug-02 Sept., 2012
 22. **Russia (2011)**
Delivered keynote lecture and chaired one scientific session during the Open International congress on "The Psyche and Psychical Processes as a Real Factor of Miracle-Creating Practice" held in St. Petersburg, Russia 25-28 June,2011
 23. **Morocco (2012)**
Delivered keynote lecture and chaired one scientific session during the World Regional Congress of

	<p>Psychotherapy on “Psychotherapy, Neurosciences & Culture” held in Marrakech, Morocco 29-31 March, 2012</p> <p>24. Serbia (2012) Delivered keynote lecture and chaired one scientific session of Yoga Therapy during the International Interdisciplinary Scientific Conference on “Yoga in Science-Future and Perspectives” held in Belgrade, Serbia 30Aug-02 Sept., 2012</p> <p>25. Iran (2016) Delivered keynote lecture and chaired one scientific session of Yoga Therapy during the International Conference on Development of Psychotherapy in India and South Asia held from 18-20 May 2016 at Shahid Beheshti University, Tehran (Iran)</p> <p>26. Russia (2016) Delivered keynote lecture and chaired one scientific session during the International Conference on Mental Health and Wellbeing of Elderly held from 07-08 October 2016, at Union for Mental Health of Russia, Moscow (Russia)</p> <p>27. Iran (2018) Delivered keynote lecture and chaired one scientific session during the International Conference on Yoga & Psychotherapy for Holistic Health & World Peace held from 13-14 May 2018 at Tehran University, Teheran, Iran</p>
Administrative Experience More than 32 Years	<ol style="list-style-type: none"> 1. Head, Department of Yogic Studies –30 Yrs(1989-2002 & 25-03-2003 to 28-02-2023) 2. Dean, Educational Studies-10 Yrs (2007-2009, 17-12-2012 to 02-01-2015 and since 01-11-2016 28-02-2023) 3. Director, CCRYN , Department of AYUSH, GOI –One Year (from 15-02-2002 to 05-03-2003)
Member-Accreditation Mechanism	<ol style="list-style-type: none"> 1. Member, Peer Team, NAAC Committee, (Three Times) 2. Expert Member for giving accreditation mechanism- CCRYN, Ministry of Health & Family Welfare, GOI, New Delhi 3. Peer Inspection committee member, MP Uchh Siksa Anudan Aayog, Bhopal (1992)
Awards/Honours and Appreciations Received	<p>International</p> <ol style="list-style-type: none"> 1. Awarded YOGA BHUSHAN for consideration the knowledge in Yoga during the World Yoga Conference held in New Delhi on 31st Dec.1986. 2. Awarded Fellow Member ship by the World Society for Clinical Yoga for the significant contributions in the fields of Yoga Therapy and Other Natural Medicines on 02-08-1991 3. Awarded Certificate of Appreciation in recognition of the successful conducting of the Yoga Symposium and workshop during the 2nd World Congress for Psychotherapy held in Vienna, Austria from July 3-8, 1999. 4. Awarded Certificate of Honour for highest appreciation of proficiency in Yoga during the International Congress on Psychotherapy: Dialogue Between East and West held in Kunming-P.R. China from August,20-24,2001. 5. Awarded Certificate of Honour in appreciation of proficiency in Yoga and Naturopathy during the 3rd World Congress for Psychotherapy held in Vienna from July 14-18,2002. 6. Awarded Certificate of Honour for appreciation and conducting workshop on Yoga Psychotherapy during the XI Congress of the European Association for Psychotherapy held in Lvov (Ukraine from July 10-13,2003. 7. Awarded Certificate of Honour for contribution in Yoga and Ecology of Consciousness during the IV International Congress of ALUBRAT held at Lisbon from Oct.9-12,2003 8. Awarded Certificate of Honour in recognition of the achievements in Psychotherapies during the 3rd International Congress at Ascoli Piceno (Italy) from Feb.25-27,2004 9. Awarded Certificate of Honour in appreciation of the Key note lecture and Master Class in Traditional Yoga during the II open Russian Breathing Congress held at St. Petersburg from May,25-30,2004. 10. Awarded Certificate of Honour in appreciation of outstanding contribution to Psychotherapy in Asia during 2003-04 by the Asian Federation for Psychotherapy on Sept.29,2004. 11. Awarded Certificate of Honour by Yoga and Psychotherapy Association of India (YPAI) during the 2nd International Conference at Hardwar (India) in November,2005 for recognition of achievements in Yoga. 12. Awarded Certificate of Honour at the 4th International Congress for achievements in Yoga Psychotherapy 13. Awarded Certificate of Honour at the 4th International Congress of Asian Federation for Psychotherapy for achievements in Yoga and Psychotherapy <p>National</p> <ol style="list-style-type: none"> 1. Awarded Certificate of Honour by the Manav Kalyan Yoga and Prakratik Chikitsa Evam Siksha

	Sansthan, New Delhi for the highest contribution in Yoga on 27-04-2002																																																																					
	2. Awarded Certificate of Honour by YOGYAN International, and CONY-BIO-HEALTH CARE Chennai for the development of Yoga in India on 10 th September,2002																																																																					
	3. Awarded Certificate of Honour by U.P. Naturopathy and Yoga Teachers and Physicians Association for the outstanding Contribution for the development of Yoga and Naturopathy on 1 st Dec.2004																																																																					
Research Experience	More than 38 Years along with teaching at PG and Ph.D. Level																																																																					
Research Guidance More then 30 year Ph.D. Awarded -20 & 02 Research scholars are enrolled	<table border="1"> <thead> <tr> <th>Name</th> <th>Year</th> <th>Topic of Dissertation</th> </tr> </thead> <tbody> <tr> <td>1. Omnarayan Tiwari</td> <td>1993</td> <td>Physique and fitness with special reference to the relevant findings of yoga and Ayurveda</td> </tr> <tr> <td>2. Vipul Bhatt</td> <td>2002</td> <td>Samkaleen Yogion Ka Samikshatamak Adhyayan".</td> </tr> <tr> <td>3. Paraddi K. Mallappa</td> <td>2003</td> <td>A study of Ashtang Yoga in Relation to Holistic Health".-</td> </tr> <tr> <td>4. Nitin Korpall</td> <td>2003</td> <td>A study of hatha yogic practices with reference to human health".</td> </tr> <tr> <td>5. Rakesh Goswami</td> <td>2004</td> <td>Hathayoggradipika Evam Ghrehend Samhita mei Varnit asno ka Samikshatmak Addhyan</td> </tr> <tr> <td>6. Brijesh K. Thakur</td> <td>2004</td> <td>Smriti Avam Ekagrata par Pranayama Kaa Prabhav".</td> </tr> <tr> <td>7. Anil Kumar Sahu</td> <td>2004</td> <td>Yog Ka Manokayik Rogon Par Prabhav- Ek Samikshatamak Addhyan".</td> </tr> <tr> <td>8. Naresh K.Gharu</td> <td>2004</td> <td>Nath Sampradaya Mei Yoga Kaa Sami-kshatamak Addhayan"</td> </tr> <tr> <td>9. Ravi Kant Khare</td> <td>2006</td> <td>Yoga and Ayurveda Mai Aahar Ka Samikshatamak Adhyan"</td> </tr> <tr> <td>10. Krishan K.Goswami</td> <td>2010</td> <td>Ramayan Mei Yog Ka Samikshatmak Addhyan</td> </tr> <tr> <td>11. Ajay Dubey</td> <td>2011</td> <td>Swar Yoga: Ek Samikshatmak Aadhyan</td> </tr> <tr> <td>12. Shikha Patel</td> <td>2013</td> <td>Yog avam sangeet mei nad tattva ka samikshatmak addhyan</td> </tr> <tr> <td>13. Sarika Shukla</td> <td>2011</td> <td>Yog sutra ke vishesh paripaksha me naitik mulyon ka addhyan"</td> </tr> <tr> <td>14. Naveen Kaushik</td> <td>2017</td> <td>Swar Yoga ke sashtron ka samikshatmak Addhayan</td> </tr> <tr> <td>15. Shraddha Solanki</td> <td>2020</td> <td>Effects of Yoga Practices on computer related problems</td> </tr> <tr> <td>16. Ankit Sharma</td> <td>2020</td> <td>Tantra Yog Mei Nad ka Vivechnatmak Adhyan</td> </tr> <tr> <td>17. Mohender Sharma</td> <td>2023</td> <td>Yogvashisth Mei Karamyog Evam Jivan Mulya: Ek Anushilan</td> </tr> <tr> <td>18. Komal Saini</td> <td>2023</td> <td>Impact of selected yogic practices on psychological wellbeing and Academic procrastination among Adolescent.</td> </tr> <tr> <td>19. Jyoti Sharma</td> <td>2023</td> <td>Hatha yog Mei Chitta Shuddhi: Ek Vivechnatmak Adhyan.</td> </tr> <tr> <td>20. Pravesh Jatav</td> <td>2023</td> <td>Yogsutra Ke Sandharbh Mei Swami Vivekanand Ke Chintan Ka Samikshatmak Adhyan</td> </tr> <tr> <td>21. Dinesh Tomer</td> <td>Since Aug. 2019</td> <td>An Analytical Study of Contemporary Schools of Yoga with Special Referen Approaches and Application</td> </tr> <tr> <td>22. Sachin Bhardwaj</td> <td>since Feb. 2021</td> <td>गुरु नानक देव जी के साहित्य में बंधन और मोक्ष का योग के परिप्रेक्ष्य में समीक्षात्मक अध्ययन</td> </tr> </tbody> </table>	Name	Year	Topic of Dissertation	1. Omnarayan Tiwari	1993	Physique and fitness with special reference to the relevant findings of yoga and Ayurveda	2. Vipul Bhatt	2002	Samkaleen Yogion Ka Samikshatamak Adhyayan".	3. Paraddi K. Mallappa	2003	A study of Ashtang Yoga in Relation to Holistic Health".-	4. Nitin Korpall	2003	A study of hatha yogic practices with reference to human health".	5. Rakesh Goswami	2004	Hathayoggradipika Evam Ghrehend Samhita mei Varnit asno ka Samikshatmak Addhyan	6. Brijesh K. Thakur	2004	Smriti Avam Ekagrata par Pranayama Kaa Prabhav".	7. Anil Kumar Sahu	2004	Yog Ka Manokayik Rogon Par Prabhav- Ek Samikshatamak Addhyan".	8. Naresh K.Gharu	2004	Nath Sampradaya Mei Yoga Kaa Sami-kshatamak Addhayan"	9. Ravi Kant Khare	2006	Yoga and Ayurveda Mai Aahar Ka Samikshatamak Adhyan"	10. Krishan K.Goswami	2010	Ramayan Mei Yog Ka Samikshatmak Addhyan	11. Ajay Dubey	2011	Swar Yoga: Ek Samikshatmak Aadhyan	12. Shikha Patel	2013	Yog avam sangeet mei nad tattva ka samikshatmak addhyan	13. Sarika Shukla	2011	Yog sutra ke vishesh paripaksha me naitik mulyon ka addhyan"	14. Naveen Kaushik	2017	Swar Yoga ke sashtron ka samikshatmak Addhayan	15. Shraddha Solanki	2020	Effects of Yoga Practices on computer related problems	16. Ankit Sharma	2020	Tantra Yog Mei Nad ka Vivechnatmak Adhyan	17. Mohender Sharma	2023	Yogvashisth Mei Karamyog Evam Jivan Mulya: Ek Anushilan	18. Komal Saini	2023	Impact of selected yogic practices on psychological wellbeing and Academic procrastination among Adolescent.	19. Jyoti Sharma	2023	Hatha yog Mei Chitta Shuddhi: Ek Vivechnatmak Adhyan.	20. Pravesh Jatav	2023	Yogsutra Ke Sandharbh Mei Swami Vivekanand Ke Chintan Ka Samikshatmak Adhyan	21. Dinesh Tomer	Since Aug. 2019	An Analytical Study of Contemporary Schools of Yoga with Special Referen Approaches and Application	22. Sachin Bhardwaj	since Feb. 2021	गुरु नानक देव जी के साहित्य में बंधन और मोक्ष का योग के परिप्रेक्ष्य में समीक्षात्मक अध्ययन
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Publication	<p>A. Books Published/Edited</p> <ol style="list-style-type: none"> Swasthye Avam Yoga by Dr.G.Shankar and Dr.N.Prakash Gowami Publications, Patiala Yog ke Siddhant Avam Abhyasa (1995) jointly by Dr.K.S.Joshi and Dr.Ganesh Shankar published by Madhya Pradesh Academy, Bhopal. "Holistic Approach of Yoga" (1998) published by Aditya Publication, Bina. "Health for All Through Yoga" (2000) published by, Dr.H.S.Gour University, Sagar. Classical Approaches of Yoga (2001) Pratibha Prakashan, New Delhi. ISBN:81-7702-058-7 "Management of Diabetes & Hypertension" (2002) published by CCRYN, New Delhi Psychotherapy, Yoga and Traditional Therapies of East and West by Ganesh Shankar Jagdamba Publishing Company, Darya Ganj, New Delhi 2004 - ISBN 81-88780-09-X Yoga and Spirituality by Dr.Ganesh Shankar Jagdamba Publishing Company, Darya Ganj, New Delhi 2005 – ISBN 81-88134-37-6 Hatha yogic Practices for Human Health by Dr.Nitin Korpall & Dr.Ganesh Shankar 2006- ISBN 81-88134-58-9 "Ashtanga Yoga in relation to Holistic Health" jointly by Dr.Ganesh Shankar and Dr.Paradi Kusuma Mallappa (2006) published by Satyam Publishing House ISBN:81-88134-58-9. "Yog Kala Ek Parichay Practices for Health and Happiness by Ganesh Shankar YPAI , BDS-1 Gour Nagar, Sagar 2005- ISBN 81-88780-17-0 Psychotherapy" jointly by Dr.Ganesh Shankar and Dr.J.P.Sharma (2007) published by Friends Publication, New Delhi ISBN:81-7216-2057. "Yoga Psychotherapy and Its Applications" by Ganesh Shankar (2006) Satyam Publishing House, , Uttam Nagar, New-Delhi , ISBN:81-88134-60-0 Yoga and Moral Values by Dr.Ganesh Shankar 2008- ISBN 81-88134-98-4 																																																																					

15. Psychotherapy and Yoga Traditions by Ganesh Shankar 2009- ISBN 81-902504-4-2
16. "Psychotherapy and Yoga Traditions" (2009) published by Pranjal Prakashan, Sagar ISBN: 81-902504-4-2
17. Holistic Personality by Ganesh Shankar 2009- ISBN 81-902504-8-9
18. "Nath Sampradya Mei Yog Ka Swarup" by Naresh Gharu and Ganesh Shankar (2010) Satyam Publishing House, N-3/25, Mohan Garden, Uttam Nagar, Delhi
19. "Smriti Evam Ekagrata Par Pranayam Ka Prabhav" jointly by Dr. Ganesh Shankar and Brajesh Singh (2011) published by Satyam Publishing House ISBN:978-93-81632-01-7.
20. Kundalini Yoga by Ganesh Shankar, 2011 Satyam Publisher, New Delhi, ISBN [9789380190686](#)
21. Yog Evam Aahar jointly by Dr. Ganesh Shankar and Babulal Dayama (2011) published by Satyam Publishing House ISBN:978-93-80190-66-2.
22. Swar Yog jointly by Dr. Ganesh Shankar and Dr. Anjana Somvanshi (2011) published by Satyam Publishing House ISBN:978-93-80190-67-9.
23. Yog Parampara...Yog Parichaya Evam Pramukh Bhartiya Yogies. By Ganesh Shankar & B.L. Dayama (2015) published by Associate Book Company Jodhpur (Raj.) ISBN:978-93-88875-28-8.
24. Yoga Sutra Ke Vishesh Paripakhsya Mei Naiteek Mulyaon Ka Aadhyan by Sarika Shukla & Ganesh Shankar (2015) published by Aman Prakashan Sagar (M.P.)

B. Research Papers /Articles Published

1. Mahender Kumar Sharma & Ganesh Shankar-Yog Vashishth mei yag sadhna ki adharbhumi "Karam Yoga", Jyotirveda Prasthanam. ISSN:2278-0327, Vo.11/01.March-April 2022, pp.234-237
2. Mahendra Kumar Sharma and Ganesh Shankar-Yog Vashistha mei varnit darshnik tatwon ka adhyan, Praxis International Journal of Social Science and Literature : ISSN;258166, Vol.5/5 May 2022, pp.73-77
3. Pravesh Jatav & Ganesh Shankar –Chatrview ke alok mei yogsutra ka darshnik aadhar, Akshara, ISSN 4-472-2021-23, Ank. 205, Bhopal, 1 April 2022, Pp. 153 -155
4. Komal & Ganesh Shankar- Impact of Selected Yogic Practices on Psychological Well[1]being of Adolescents: A Pilot Study, Kala Sarovar- Vol.-25-No.-2-2022, pp.627-630
5. Komal & Ganesh Shankar- Impact of yogic teachings and practices on academic procrastination among adolescents, Shabadarnav- ISSN: 2395-5104, Shabadarnav- An International Peer Reviewed Refereed Journal of Multidisciplinary Research Vol.-14-No.-1-2021, pp.326-329
6. Jyoti Sharma & Ganesh Shankar-Paramparik yog ka manav Jeevan mei mahatva, Shabadarnav: An International Peer Reviewed Refereed Research Journal| ISSN 2395-5104, Vol.15/02 2021, pp.65-67
7. Jyoti Sharma & Ganesh Shankar-Vaidik Vangmaya Ke antargat Hathayoga, Vedanjali, An International Peer Reviewed Refereed Research Journal, ISSN 2349-364X, Vol. 16 (2), July-Dec. 2021, Pp. 32 -35.
8. Jyoti Shurma & Ganesh Shankar- Hathayoga:Adhunik Sandarbha Mein Prasangikata, Drishtikon, ISSN 0975-119X, vol.13 (1), Pp. 1959-1961
9. Jyoti Shurma & Ganesh Shankar- Hathapradipika vei ghrend smahita Mein pranayam ka swarup, Drishtikon, ISSN 0975-119X, vol.13 (2), March-April, 2021, Pp. 949-952
10. Sachin Bhardwaj & Ganesh Shankar-Yoga Darshan mein Ishvar ka Sthan : Ek Sadhan Ya Sadhya, International Journal of Hindi Research, ISSN 2455-2232, Vol.7 (3), 2021, Pp. 140 -142
11. Pravesh Jatav & Ganesh Shankar –Upnishad Vangmay Mei Yog ki Parampara, Shabadarnav- An International Peer Reviewed Refereed Journal of Multidisciplinary Research, ISSN: 2395-5104 Vol.-14-No.-1-2021, pp.231-234
12. Pravesh Jatav & Ganesh Shankar –Vedic Parmapara mein Yog ki Avadharana, Vedanjali, ISSN 2349-364X, Vol. 14 (2), July-Dec. 2020, Pp. 172 -175
13. Sachin Bhardwaj & Ganesh Shankar-Yoga Darshan mein Dhyan ke Sukshma Ayam: Samapatti Ek Adhyayan, Drishtikon, ISSN 0975-119X, Vol.12 (5), Sept.-Oct.2020, Pp. 632 -635.
14. Jyoti Shurma & Ganesh Shankar- Hathayogic Granthon Mein Pratyahar ka Swarup, International Journal of Hindi Research, ISSN 2455-2232, Vol.6 (5), 2020, Pp. 53 -54
15. Jyoti Shurma & Ganesh Shankar- Vasishtha Samhita Mein Yama Aur Niyam ka Swarup Ek Adhyayan, International Journal of Hindi Research, ISSN 2455-2232, Vol.6 (5), 2020, Pp. 134 -136.
16. Ankit Sharma and Ganesh Shankar " Bhartiya Samskriti Mei Tantra yoga ke Avdharna evam Bhrantiyan" Review of Research UGC approved Journal No. 48514 volume - 8 | issue - 8 | page:1-7, may – 2019, ISSN: 2249-894X
17. Paper entitled " Yog Dwara Madhume Niyantaran" published in the A Journal of the Multidisciplinary Subjects of Pt. SN Shukla Govt. Autonomous PG College Shaddol, (M.P.) Vol.1 No.3 Sept. 2015, page 151-160, Sept., 2015

18. Ganesh Shankar **Role of Yogic attitudes for mental wellbeing**, World Journal of Psychotherapy Vol.№ 1(7)—2014
19. Ganesh Shankar **“Principles and Applications of Gyan Yoga in context of Bhagavad-Gita”** International Journal of Yoga and Allied Sciences Volume: 2, Issue: 1 March 2013(ISSN: 2278 – 5159)
20. Ganesh Shankar**Research Trends in Yoga Therapeutics: A Perspective**, World Journal Psychotherapy Vol.№ 1(6)—2013
21. Paper entitled “ Spirituality & Personality” published in the proceedings of the National Yoga Week-2012, MDNIY, New Delhi, page 125-131Feb.,2012
22. Paper entitled “ Role of Yoga Attitudes for Mental Wellbeing” published in the proceedings of the National Yoga Week-2012, MDNIY, New Delhi, page 125-131Feb.,2011
23. Paper entitled “ Yoga Psychotherapy” published in the Proceeding Volume of 3rd International Congress held at Ascoli Piceno, page 33-35,25-27,Feb.,2009
24. Paper entitled “ Yoga for Personality Development” published in the Diamond Volume of Madhya Bharti and RESEARCH JOURNAL OF Dr.H.S.Gour University, Sagar, page 289-294,Feb.,2009
25. “Occupational Health & Yoga” by Ganesh Shankar & K.Patra published in the proceedings of Holistic Personality OF Pranjal Prakashan, Sagar, page 5-09,2009
26. Paper entitled “Consciousness: From Physiology to Non Duality” published in the proceedings of Yoga and Moral Values OF Satayam Publishing House, New Delhi, page 23-40,2008
27. Paper entitled “ Development of Psychotherapy in India” published in the World Journal of Psychotherapy page 121-125, 1 (1), 2008
28. Paper entitled “Yog Dwara Madhumeh Niyantaran” published in the proceedings of Yoga and Moral Values OF Satayam Publishing House, New Delhi, page 273-275,2008
29. Paper entitled “Yog Mei Saundaya Dristi” published in the proceedings of Yoga and Moral Values OF Satayam Publishing House, New Delhi, page 276-288,2008
30. Paper entitled “ Yoga as Psychotherapy” published in the proceedings of the IV International Congress held at Ascoli Piceno, Italy page 410-415,March,1-3,2006
31. Paper entitled “ Pranayama for Health and Happiness” published in the Inaugural issue of the journal Yoga Vijnana (The Science of Yoga-A Quarterly RESEARCH JOURNAL OF MDNIY, New Delhi page 57-66, July-Sept.,2006
32. Paper entitled “Sadhan Evavam Sadhna Ke Do Aayam: Abhyas Evam Vairagya” published in the proceedings of PatanjaliPrabha-Dwitya Saupan-2005 OF Maharani Laxhmibai Jan Kalyan Samiti, Bhopal, page 85-93March.,2005
33. “Aadhunik Samaya mei paramparik yoga evam sangeet dwara manochikitsa” Souvenir of National seminar sangeet vibhag,Dr.H.S.Gour University, sagar, 2005,pp3
34. Yogdarshan mei saundaya dristi, published in souvenir of national seminar organized by Sanskrit Department Dr.H.S.Gour University sagar-M.P. 2005
35. “Integrated approach of Yoga and Psychotherapy” Published in the proceedings of the 2nd International Conference on Psychotherapy, Yoga and Spirituality organized by Yoga and Psychotherapy Association of India (YPAI) held at Haridwar (India) Page51-69 Nov.2005
36. “Re-Emerging Yogic Science: Instrument for individual and social transformation” Published in the proceedings of the 2nd International Conference on Psychotherapy, Yoga and Spirituality organized by Yoga and Psychotherapy Association of India (YPAI) held at Haridwar (India) Page-109-113 Nov.2005
37. “Meditation and Psychotherapy” Published in the proceedings of the 2nd International Conference on Psychotherapy, Yoga and Spirituality organized by Yoga and Psychotherapy Association of India (YPAI) held at Haridwar (India) Page-184-196 Nov.2005
38. “Yoga around the world for happiness and peace.”Published in the proceedings of the International Conference on Psychotherapy, Yoga and Traditional Therapies of East and West ,Dr.H.S.Gour University, Sagar Page-201-209, Feb.2004
39. “Modern Psychotherapy and Yoga Psychotherapy”Published in the proceedings of the International Conference on Psychotherapy, Yoga and Traditional Therapies of East and West , Sagar Page229-232., Feb.2004
40. “Holistic Health by Yogic Practices”Published in the proceedings of the International Conference on Psychotherapy, Yoga and Traditional Therapies of East and West ,Dr.h.S.Gour University, Sagar Page294-324, Feb.2004
41. “Indian Yoga and Modern Psychoanalysis: a comparative view and their Integration” Published in the proceedings of the International Conference on Psychotherapy, Yoga and Traditional Therapies of East and West ,Dr.h.S.Gour University, Sagar Page193-200, Feb.2004

42. "Holistic Yog for Holistic Health"Published in the proceedings/Souvenir of Natural Health Day of International Foundation of Natural Health and Yoga, New Delhi on 9th April,2004 page 80-85
43. "Yoga Psychotherapy in India "Published in Belarusian professional journal "Psychotherapy and clinical Psychology", N3,Vol.10,2004
44. "Yoga as Psychotherapy "Published in Belarusian professional journal "Psychotherapy and clinical Psychology" N2, Vol: 2,2003
45. "Mental Health by Yoga "Proceedings/Souvenir of the National Seminar on "Human Consciousness and Yogic Science,Page48-53, Dr.H.S.Gour University Sagar, March 8-10,2003
46. "Psychotherapy in Vedic Literature" 1st International Conference of the Asian Federation of Psychotherapy, Dr. H.S. Gour Uni. Sagar 2003,pp71
47. "The Development of Yoga Therapy "Published in Yogic Prakritik Jeevan Sandesh-CCRYN, New Delhi Vol.III:1,Page3-8,April-June,2002
48. "Stress Management by Yoga and Psychotherapy"Published in Yogic Prakritik Jeevan Sandesh CCRYN, New Delhi Vol II, 2,3,4, Page 22-24, July- March 2002
49. "A study of glucose tolerance during the phases of left and right nostril breathing patterns in normal healthy adults"Proceedings of the National Workshop on "Management of Diabetes & Hypertension through Yoga and Naturopathy, CCRYN, New Delhi, Page 23-28, Dec.2002
50. Chapter entitled "Psychotherapy in Asia" published in the book entitled Globalized Psychotherapy, by Alfred Pritz printed in Austria by Facultas-AG ISBN 3-85076-605-5 page 480-502, June-2002.
51. "Swasthya avam prakratik jeevan paddhati" (Hindi)Published in Saral Jeevan ,Delhi, Dec.2002.
52. "Yoga, Health and Psychotherapy" 1st National Seminar on Role of Ayurveda & Yoga in Chronic & degenerative diseases, Jabalpur,13th May,2001
53. "Patanjali's approach of yoga with reference to health and happiness" Paper published in Naturopathy, New Delhi, Vo.1;20 June 2001
54. "Technique and benefits of Yoga Practices"Paper published in "Health for all through yoga", March,2000, Deptt. Of Yoga, Dr.H.S.G.V.V.Sagar
55. "Swasthya Ka Arth Avam uski Avdharna" (Hindi)Paper published in "Health for all through Yoga"March,2000, Dept. of Yoga , Dr.H.S.Gour University, Sagar
56. "Patanjali's Approach of Yoga"Paper published in Nisargopchar Journal, Vol.10;8-10,2000.
57. "Classical Yoga of Patanjali"Paper published in Holistic Approach of Yoga, 1998, Aditya Publications, Bina.
58. "Yogic Approach of Integration of Personality"Published in Yog Tara Bi-Monthly journal, Hyderabad, Vol:10-2, Page:04-08, 1997
59. "Yogic Relaxation- An effective Counteraction for stress and anxiety" Journal of National Sharir Research Institute, hardoi (U.P.) 1997 pp41
60. "Yoga as Preventive Medicine" Yoga and Total Health, 1997 pp18
61. "Classical yogic approach of integration of personality,"Published in Vyayam Vidyan, HVPM,Amarawati, Vol29;2;1-6, May,1996.
62. "Yogic Relaxation: An Effective Counteraction for Stress and Anxiety in Sports"Published in Vyayam Vidnayan, HVP Mandal' Journal,Amarawat. Vol:28:1, Page04-08,Feb.1995.
63. "Training methodology for yoga and nature cure"Published in the Smarika of CCRYN, National workshop, New Delhi. Vol. III;2;56-57,1995.
64. "Modern and ancient approach for relieving stress"Published in Yogamratam, Lucknow, Vol.6;12,16-18,1995.
65. "Psychosomatic fitness through yoga" Published in Yoga Prakash, Nagpur, Vol29;12;16-18, Dec.1995.
66. "The Impact of Alternate Nostril Breathing on Patterns of Performance"Published in the proceedings of the Commemorative Volume of the World Yoga Convention, Bihar School of Yoga Munger, page334-336,1994
67. "Physique and Cardiovascular Fitness from the perspective of Ayurvedic Teachings" Published in Ancient Science of Life – the journal of International Institute of Ayurveda and Sree Chakra Foundation, Vol:XIII,No3&4 , Page 280-285, jan-April,1994
68. "Depression and its management" Published in Yoga Tara, SecunderabadVol.7,4,5,6;7,1994
69. "Importance of Pranayama in Hathyoga"Published in Smarika, II National yoga Seminar Chandigarh, 3;19-21, May,1994.
70. "Siksha ki dristi se Yam, Niyam ka mahatva" (Hindi) proceedings of national seminar on Importance of environment and values in education system" held in Gurukul Kangri University, Haridwar from Feb.19-21,1994. Page:24-30,1994.

	<p>71. "Yoga in Educational Institutions" Published in the journal of Indian Education NCERT, New Delhi Vol.18-6, Page27-29, March 1993</p> <p>72. "Physique and Cardiovascular fitness with special reference to the relevant findings from Ayurveda" Published in Vyayam Vidnyan, HVP Mandal, Amarawati. No.2-3, Page 9-13, March August, 1993,</p> <p>73. "Role of Yogic practices in controlling hypertension "Published in Yoga Bharti, Hyderabad (A.P.) Vol.2;1;7, 1993.</p> <p>74. "Yogic remedies for mental stress" Published in Yoga, Govt. College of Yoga Naturopathy, Mysore, Vol.7;29, 1991-92.</p> <p>75. "Yoga for health and fitness" Published in Smarika, AIY Sammelan, 22-23 June, 1991 Jaipur, Page.48.</p> <p>76. "Physique with Special Reference to Ayurveda" Guru Nanak Khalsa Collage, Yamuna Nagar Soviner 1991 pp24</p> <p>77. "Yogic exercise therapy for low back pain" Published in Yoganjali, M.P. Yoga council Bhopal (M.P.) Vol.4'33, 1990.</p> <p>78. "Yog tatha Saririk Siksha" (Hindi) Published in Bhartiya adhunik siksa, NCERT, New Delhi, VI;2;60-63, October, 1988</p> <p>79. "Cardiovascular fitness of Punjabi males" Paper entitled published in Sports Science-Health, Fitness and Performance . ASSPE, Patiala Page, 175-80, 1987</p> <p>80. "Stress and yoga" Published in Your health, Calcutta (W.B.) Vol.36;12, 1987.</p> <p>81. "Personality differences between non- athletes , mediocre gymnasts and position winner gymnasts of different age groups" Published in Vyayam Vidyana, HVPM, Amarawati, Vol. XX;1, 1987.</p> <p>82. "Aaj ke yug mai yog ka mahatva" (Hindi) Published in Vyayam Vidyana, HVPM, Amarawati, Vol.IX;2-3, 1986</p> <p>83. " Personality of Indian varsity gymnasts" Paper published in Sports Psychology, LNIPE, Gwalior, Vol.VII;5, Jan. 1986.</p> <p>84. "Ashtanga Yog mai yam or niyam ka mahatv" (Hindi) Paper published in "The physical education , G.C.P.E. Patiala, Vol.II-8; 10-13, March 1985.</p> <p>85. "Impact of alternate nostril breathing pattern upon performance in exercise sports" Paper published in New Dimensions in Physical education and sports, Dept. of Phy.Edu. University of Kalyani (W.B.) V-I, Dec. 1983.</p>
Member of Editorial board/Journals	<ol style="list-style-type: none"> 1. Member, Advisory Board of Kundalini Yoga Research Institute, Lucknow. 2. Member, Advisory Board of Indian Council for Research in Yoga, Bhopal 3. Member, Review Board, e- COMMUNITY- International Journal of Mental Health -2003-04
Member of Selection committees of various universities in India	<ol style="list-style-type: none"> 1. A.P.University, Visakhapatnam (A.P.) 2. G.K.University, Haridwar, (U.K.) 3. H.P.University, Shimla, (H.P.) 4. H.P Central University, Dharmshala (H.P.) 5. Central University of Haryana, Mahendergarh (HRY.) 6. DAB University, Indore, (M.P.) 7. BHU, Varanasi (U.P.) 8. Mangalore university, Mangalore (Karnataka) 9. Dr.H.S.Gour University, Sagar (M.P.) 10. M.D.N.I.Y, New Delhi
Conferences/seminar Organized	<p>International Level</p> <ol style="list-style-type: none"> 1. Organised 1st International Conference of the Asian Federation for Psychotherapy during 12-15 Nov.2003 at Dr.H.S.Gour University Sagar(M.P.) 2. Organized 2nd International Conference of the Yoga and Psychotherapy Association of India during 27-29 Nov.2005 at Hardwar (India) 3. Organized 3rd International Conference of the Yoga and Psychotherapy Association of India during 27-29 Nov.2007 at Dept. of Yogic Studies, Dr.H.S.Gour University, Sagar MP (India) 4. Organized 5th International Conference of the World Council for Psychotherapy (Asian Chapter) during 5-8 January, 2010 at Chandigarh (India) 5. Organized 6th International Conference of the World Council for Psychotherapy (Asian Chapter) during 24-26 Sept. 2012 at JNU, New Delhi (India) 6. International Yoga Day Celebration, 21 June 2015 Venue: Dr.Harisingh Gour University, Sagar 7. International Yoga Day Celebration, 21 June 2016 Venue: Dr.Harisingh Gour University, Sagar 8. International Yoga Day Celebration, 21 June 2017 Venue: Dr.Harisingh Gour University, Sagar

	<p>9. International Yoga Day Celebration, 21 June 2018 Venue: Dr.Harisingh Gour University, Sagar</p> <p>10. International Yoga Day Celebration, 21 June 2019 Venue: Dr.Harisingh Gour University, Sagar</p> <p>National Level</p> <ol style="list-style-type: none"> 1. Organized National Seminar on Holistic Approach of Yoga during Feb.,1997 at Sagar (M.P.) 2. Organized National Seminar on Health for All through Yoga during March,1999 at Sagar(M.P.) 3. Organized Workshop on Yoga Therapy at Vienna (Austria) during, July,1996 and July,1999 4. Organized National workshop on Management of Diabetes and Hypertension through Yoga and Naturopathy at CCRYN, New Delhi on 29-30 April 2002 5. Organized National Seminar on Human Consciousness and Yogic Science during 8-10, March,2003 at Sagar University Sagar(M.P.) 6. Organized National Conference on Yoga and Moral Values in Modern Perspectives during 29-31, January,2006 at Dr.H.S.Gour University Sagar(M.P.) 7. Organized National Seminar on New Educational Dimensions for Holistic Personality Development during 8-9, February,2008 at Dr.H.S.Gour University Sagar(M.P.) 8. Organized National Conference on Yoga Education in India during 30-31, January,2009 at Dr.H.S.Gour University Sagar(M.P.) 9. Yoga for Healthy Life,Date: 21May-20 June 2015, Dr.Harisingh Gour Central University, Sagar, M.P. 10. Topic:Yoga & Health, Date: 20-21 June 2015, Venue: Dr.Harisingh Gour University, Sagar (M.P.) 11. Topic:Yoga & Therapy, Date: 20-21 June 2016 ,Venue: Dr.Harisingh Gour University, Sagar (M.P.) 12. Topic:National Seminar on Yoga & Holistic Health,Date:21-22 June 2017 at Sagar 13. Topic:Yoga & Human Health Awareness, Date:16-30 June 2017 at Sagar 14. Topic: Yoga for modern society: Issues & Challenges,Date:19-21 June 2018,Venue: Dr.Harisingh Gour University, Sagar 15. Topic: Yoga for Youth Issues & Challenges Date: 20-21 June 2019 at , Sagar (M.P.)
<p>Conferences attended and presented paper/delivered Keynote Addresses</p>	<p>National</p> <ol style="list-style-type: none"> 1. Attended 1st National Conference on physical education and sports sciences and presented research paper during Feb.1985. 2. Attended seminar cum orientation course in Korfbal and Basketball at K.U. Kurukshetra during April,1985. 3. Attended and presented a research paper in the 1st national conference of sports psychology held at Gwalior during Jan.1986. 4. Attended and presented a research paper in the 2nd national conference on physical education and sports sciences held at Patiala during Feb.1986. 5. Attended and presented a research paper in XVI conference of IACP and National seminar on youth and mental health held at Sagar during Dec.1986. 6. Attended All India Yoga Conference as Key Note Speaker organized by Rajasthan Health Yoga Council at Jaipur from 26-27 March,1988. 7. Attended a national seminar on Yoga held at Abhor (Punjab) during Sept.1988 8. Attended a workshop on "Behaviour modification and stress management" organised at Sagar, May,1989. 9. Participated and presented a research paper in the 5th national conference of sports psychology held at Varanasi during Feb.1990. 10. Attended a workshop and delivered lecture on Yoga and back ache held at Bhopal from 24-25, May,1990 and chaired a scientific session. 11. Presented a paper in the national level seminar on Issues in the development of physical education and sports science held at Yamunanagar during April,1991. 12. Delivered lecture on "Yoga What, Why and How? in national conference at Kanpur, July,1991. 13. Attended All India Conference on Nature Cure, Yoga, Jyotish, Tantra and Mantra held at Bhopal from 7-15, May, 1992. 14. Participated and presented a paper in the one day seminar on national sports policy- An appraisal held at New Delhi during April,1993. 15. Attended national congress on alternative medicine and research organised by the council of Haryana institute of alternative medicine, Pachkula (Chandigarh) from 15-16 Jan,1994 16. Participated and presented a paper entitled "Siksha Ki Dristi Se Yam, Niyam Ka Mahatva" in the national seminar held at Gurukul Kangri University, Haridwar from 19-21 Feb.1994. 17. Participated and presented a research paper on Yoga in the international conference on health, sports and physical fitness held at CCS HAU, Hisar from 16-18, Jan,1995. 18. Participated and presented paper on Yoga at the National Seminar-cum-workshop on Meditation: Techniques & Technology and 3rd National conference on Yoga Therapy for Gastro-intestinal and

- related disorders held at CRIY, New Delhi from Jan18-22,1995.
19. Participated in the national seminar cum workshop on meditation held at Delhi from 17-20 Jan.1995.
 20. Participated in the workshop on research and training methodology for yoga and naturopathy held at J.N. Bhartiya Chikitsa Bhawan, New Delhi from 7-9, March, 1995.
 21. Attended and presented a paper in the national seminar held at Lucknow, Oct.1995.
 22. Presented two papers in the national seminar on holistic approach of yoga for human resource development at Sagar from 14-15 Feb.,1997
 23. Participated and presented paper entitled Yoga for health in physical education and sports during the Swarn Jayanti National Conference at Panchkula (Haryana) from Oct.17-19,1997.
 24. Participated and presented a paper entitled “Yoga as a Preventive Medicine” in the World Householders Yoga Conference for Sane Living held at Mumbai from Dec.24-28,1997.
 25. Delivered invited lecturers on Yoga and Physical Education in Kurukshetra University during Nov.1997.
 26. Participated and presented a paper on Yoga for health and fitness in the National Seminar on Health for All through scientific Yoga held at, Hisar (Hry.) from Dec.27-29,1999.
 27. Participated and presented a paper on Yoga in New Millennium in the 1st National Conference on Yoga held at G.K.Vishwavidyalya, Haridwar from Feb.10-13,2000.
 28. Participated in the Seminar on Bhartiya Prashnik Vyavshtha: Samiksha Evam Parivartan organised by Gantantra Divas Swarn Jayanti Ayojan Smiti, Sagar on 8-2-2001 and delivered a lecture on Yoga.
 29. Participated and presented a paper on Health and States of Consciousness in the National Seminar on “States of Consciousness and Yoga” held at Haridwar from March 21-22,2001.
 30. Participated and presented a paper on “Personal Health Management through Yoga during the National Seminar on Psychological Interventions and 4th Biennial conference of Community Psychology Association of India on Community Interventions for better living at Sagar from Feb.14-15,2002.
 31. Participated and presented paper on” A study of glucose tolerance during the phases of left and right nostril breathing patterns in normal healthy adults during the National seminar on “Management of Diabetes hypertension through yoga and Naturopathy organised by CCRYN, New Delhi in April,2002.
 32. Delivered lecture on Yoga during the National Yoga Competition and distributed the awards held at Manav Kalyan Yoga va Prakratik Chikitsa Evam Siksha Samsthan, New Delhi on 27-04-2002.
 33. Participated and presented a paper entitled “Yoga and HIV/AIDS” during the National scientific symposium cum workshop organised by Delhi Medical Care, New Delhi on 15th May2002
 34. Attended Yoga Training Camp and was awarded a Certificate of Honour organised at India Habitat Centre, Lodhi Road, Delhi from Sept.4-10,2002
 35. Participated in All India Yoga Sammelan and delivered a lecture on Yoga for Masses organised at Govt. Industrial and Agriculture Pradarshaniat of U.P. Government at Aligarh on 9th Feb.2003.
 36. Participated and presented a paper entitled Research trends in Yoga and Naturopathy during the national seminar on “Research Trends in Yoga and Naturopathy” organised by CCRYN, New Delhi from Feb.15-17,2003.
 37. Delivered a lecture on “Adhunik Samye mei Paramparik Yoga Evam Sangit Dwara Manochikitsa” during the National Seminar organised by Dept. of Music, Dr.H.S.Gour University, Sagar (M.P.) on Jan.22-23,2005.
 38. Delivered a keynote lecture on “Yoga in Physical Education and Sports” and chaired a scientific session during the National Seminar on Yoga for sorts-2004 organised by CCRYN, Govt. of India on March,20-21,2004 at New Delhi.
 39. Participated and received an Certificate of Honour during the National Seminar organised by U.P. Naturopathy and Yoga Teachers and Physicians Association, Lucknow on 30th Nov.2005 and delivered a lecture on the occasion on Yoga and Naturopathy in India.
 40. Participated in UGC Sponsored National Seminar –cum-workshop on Strategies of Integrating Yoga in Higher Education from Feb.7-10,2005 at Ambala City and presented a paper entitled “Integration of Yoga in the University system.
 41. Delivered an invited talk on “Modern trends in Research in Yoga and Naturopathy during the Workshop on Research Methodology in Naturopathy and Yoga” sponsored by WHO and organised by CCRYN, New Delhi from March,4-5,2005
 42. Delivered an invited lecture on Yoga around the world and chaired a session during the National Seminar organised by Jain Vishwa Bharti, Ladanu (Raj.) from 7th-9th March,2005
 43. Delivered an invited lecture on Yoga around the world and chaired a session during the National Seminar organised by Jain Vishwa Bharti, Ladanu (Raj.) from 7th-9th March,2005
 44. Delivered an invited lecture on Yoga around the world and chaired a session during the National Seminar organised by Jain Vishwa Bharti, Ladanu (Raj.) from 7th-9th March,2005

45. Delivered an invited lecture on Research Methodology in Yoga and chaired a session during the Five days Workshop organized by Morarji Desai National Institute of Yoga, New Delhi from 06-10 March 2006
46. Delivered an invited lecture on Yoga Education-Ancient and Modern Practices for Human Health and chaired a session during the National Seminar organised by Yoga Centre, Jiwaji University, Gwalior on 25 Feb.2008
47. Delivered an invited lecture on Yoga in Universities and chaired a session during National Yoga Week organized by MD National Institute of Yoga, New Delhi from 25-29 Feb.2008
48. Delivered an invited lecture on Yoga in Modern Life and chaired a session during the National Seminar organized by Indian Academy of Yoga, Varanasi from Oct. 18-19,2008.
49. Delivered an invited lecture on Psychotherapy Around the World-Yoga Perspective and chaired a session during the National Seminar on organized by Deptt. Of Physical Education, Gujranwal Gurunanak Khalsa College, Ludhiana from 25 Sept. 2009.
50. Delivered an invited lecture on Yoga in Daily Life and chaired a session during the National Seminar organized by NES Education College, Hoshangabad from 06-07 November, 2009
51. Delivered an invited lecture on Yoga for Lifesyle Related Disorders and chaired a session during the National Yoga Week-2010 organized by Morarji Desai National Institute of Yoga, New Delhi from 12-18 Feb.2010.
52. Delivered an invited lecture on Role of Yoga in Geriatric Care with special reference to OSTEO ARTHRITIS and chaired a session during the National Seminar cum Workshop organized by Gujrat Ayurved University, Jamnagar (Guj.) from 28-29 March 2010
53. Delivered an invited lecture on Yoga and its Application for wellness and chaired a session during the National Seminar on Life Style Education: A Yogic Perspective held on 21st May 2011 at SL DAV College of Education, Ambala City, Haryana.
54. Delivered an invited lecture on Yoga for Holistic Personality Development and chaired a session during the National Yoga Week-2012 organized by Morarji Desai National Institute of Yoga, New Delhi from 12-18 Feb.2012
55. Delivered an invited lecture on Yoga Psychotherapy in Modern Perspective and chaired a session during National Seminar on Role of Universities in Lifelong Learning organized by UGC from 3-4 Sept. 2012 at Dr.H.S.Gour University, Sagar
56. Delivered an invited lecture Yoga Learning through Distance Education: Possibilities & Challenges and chaired a session during the National Seminar organized by Institute of Distance Education, Rashtriya Samskrit Samsthan, New Delhi from 01-03 Jan. 2013
57. Delivered an invited lecture on Yoga Therapy and chaired a session during National Conference organized by Mangalore University, Mangalore from 18-19 Jan.2013.
58. Delivered an invited lecture on Yoga for Adolescents and chaired a session during the National Yoga Week-2013 organized by Morarji Desai National Institute of Yoga, New Delhi
59. Delivered an invited lecture on Valedictory Address and chaired a session during the National Conference organized by Director General Higher Education, Haryana Govt. at Dayanand PG College, Hisar from 29-30 March 2013
60. Delivered lecture on Yoga and Human Health as resource person during the Orientation programs UGC on 1st Dec.2014 at ASC,Dr.HS Gour University, Sagar (M.P.)
61. Delivered lecture on Yoga and Diabetes as resource person during the Organization of capacity building workshop on the role of Yoga in non-communicable diseases from 8-10 Dec.2014 at Morarji Desai National Institute of Yoga , New Delhi.
62. Delivered lecture on Yoga for Middle Aged as Invited Speaker during the National Yoga Week-2015 from 12-18 Feb.2015 at Morarji Desai National Institute of Yoga , New Delhi.
63. Delivered lecture on Yoga for Wellness as invited speaker during the Interdisciplinary Refresher Course on Culture Studies on 1st oct. 2018 organized by UGC HRDC, Dr.Harisingh Gour University, Sagar (M.P.)
64. Delivered lecture on Concept of Yoga in Ancient Yoga Culture as invited speaker during the National Seminar on Concept of Yoga in Ancient Indian Culture from 30th Nov. and 1st Dec.2018 at Indira Gandhi National Tribal University, Amarkantak (M.P.)
65. Delivered lecture on Yoga: Ancient Trends and Recent Advances as invited speaker during the National Conference from 19-20 Jan. 2019 at Jiwaji University, Gwalior (M.P.)
66. Delivered lecture on Yoga Accreditation for Higher Education Programmes as invited speaker during the National Conference on 6th March 2019 at S-VYASA Campus, Bengaluru.
67. Delivered two lectures on Yoga for Holistic Health and Mental Health in Yoga Sutra of Patanjali as Resource Person during the Refresher Course-226 on 11th Jan.2019 at UGC HRDC, Saurashtra

University, Rajkot (Guj.)

68. Delivered two lectures on Yoga As Therapy and Yoga as Psychotherapy as Resource Person during the Refresher Course-226 on 12th Jan.2019 at UGC HRDC, Saurashtra University, Rajkot (Guj.)

International:

1. Attended and presented a research paper in the World Yoga Conference at Delhi during Dec.1986 and awarded Yoga Bhushan.
2. Attended and presented a research paper in International Congress on "Movement and sports in women's life held at Jyvaskyla (Finland) during August,1987
3. Participated and presented a paper on Yogic Relaxation in sports in International conference held at Trissure (Kerla) during Jan.1991.
4. Participated and presented a research paper in the International conference on "Health Revolution and sports excellence held at Delhi during March,1992.
5. Participated as a feature speaker in the international yoga festival conducted by the Tourism Dept. , Govt. of Pondicherry during Jan.1993.
6. Participated and presented a research paper on Yoga in Satyananda Tyag Golden Jubille & World Yoga Yoga Convention held at Munger from 1st to 4th Nov.1993.
7. Participated and presented a paper in the 1st international conference on life style held at AIIMS, New Delhi on Jan 20-21,1995.
8. Attended the international conference on health for all held at PAU, Ludhiana from 1-3, Feb.1996.
9. Participated and presented two papers in 1st congress of world council of psychotherapy held at Vienna (Austria) from June 30 to July 4, 1996 and chaired one of the sessions.
10. Participated at the 3rd International conference on Yoga Research and Traditions at the Kaivalyadhama Yoga Institute, Lonavla from Jan.1-4,1999.
11. Participated as Keynote speaker and delivered lecture on "The Development of Yoga Therapy" and conducted a symposium and workshop on Yoga Therapy in the 2nd World Congress of Psychotherapy at Vienna-Austria from July 4-8,1999.
12. Participated at the, 14th National Medicos Congress and 8th International Congress on alternative system of medicine and delivered a Guest Lecture on Yoga Therapy and Chaired a scientific session held at Hyderabad from Nov.12-14,2000.
13. Participated and presented a paper on Yoga and Heart Diseases in the Int. Conference on Nature Farming and Ecological Balance held at HAU, Hisar from March, 7-10,2001.
14. Participated and present key note lecture on Yoga and conducted workshop on Yoga Psychotherapy during the International Congress in China-Kunming from Aug.20-24,2001.
15. Participated and chaired one scientific session and presented a paper entitled "Yoga as psychotherapy" during the 3rd world congress of psychotherapy organised by wcp in Vienna from July,14-18,2002
16. Delivered keynote lecture on Yoga and Ecology of Consciousness and chaired one scientific session during the IV International Congress from Oct.9-12,2003 at Lisbon (Portugal)
17. Delivered Keynote lecture on "Yoga Psychotherapy for Health and Fitness" and chaired a session during the 3rd International Congress- on "The Couple in the 3rd Millennium-Penelope: Transformation of Revenge held from Feb.25-27,2004 at Ascoli Piceno (Italy)
18. Delivered a keynote lecture on "Yoga Psychotherapy Around the World" and chaired two scientific session during the 2nd Asian Psychotherapy Congress (AFP) held in Tehran (Iran) from 29th Sept.-1st Oct.,2004.
19. Delivered lecture entitled "An Integrated Approach of Hatha Yoga for Holistic Health" and chaired a session during the 1st International Conference on Advancement in Yoga , Research & Health held at Bhopal from Jan.7-9,2005.
20. Delivered Guest lecture on Yogic Approach to Health and Happiness and chaired a session during the International CME on Yoga Therapy in the Current Millennium & Annual Meet of Indian Academy of Yoga held at Varanasi from March 12-14,2005
21. Delivered an invited lecture on Psychotherapy of East and west: An Integrated Approach and chaired a session during the IV PAN-ASIAN Congress on Psychotherapy and Counseling in the Era of Change organized by Asian Federation for Psychotherapy in Ekaterinburg, Russia from May,15-23,2007.
22. Delivered an invited lecture on Metabolic Syndrome in Yoga and Naturopathy and chaired a session during the International Conference on Metabolic Syndrome in Yoga and Naturopathy held during 18-19 December,2007 at Alagappa University, Karaikudi, TN,
23. Delivered an invited lecture on Yoga and Total Health and chaired a session during the 5th World Congress for Psychotherapy held at Beijing, China from Oct. 12-15, 2008
24. Delivered an invited lecture on Yoga and Psychotherapy around the World and chaired a session

	<p>during the International Seminar on Health Psychology ISHO-2008 organized by Deptt. Of Psychology, Dayalbagh Educational Institute, Agra, India from Feb. 21-23, 2008</p> <p>25. Delivered an invited lecture on Psychotherapy and Yoga Traditions and chaired a session during the 5th International Conference of World Council for Psychotherapy (Asian Chapter) organised by Yoga and Psychotherapy Association of India at Chandigarh, India from Jan.05-08, 2010</p> <p>26. Delivered Guest lecture on Yogic Therapy during the V International Congress held at Ascoli Piceno – Italy from 5-12 March 2011 on Science and culture, arts that meet between Myth and Reality.</p> <p>27. Delivered an invited lecture on “The Psyche and Psychological Processes as Real Factor of Miracle-Creating Practice” and chaired a session during The Open International Congress organised at St. Petersburg, Russia on June 26, 2011</p> <p>28. Delivered an invited lecture on Yoga for Youth and chaired a session during the 7th International Conference on Yoga for the Youth: Classical & Contemporary Perspectives organized by Kaivalyadham, Yoga Institute, Lonavla from Dec. 27-30, 2012.</p> <p>29. Delivered an invited lecture and chaired a session during the WCP World Regional Congress of Psychotherapy held in Marrakech on March 29-31, 2012</p> <p>30. Delivered an invited lecture on Yoga in Science-Future and Perspectives and chaired a session during the International Interdisciplinary Scientific Conference organized by Serbia International Yoga Academy from August 30-31 in Belgrade, Serbia 2012.</p> <p>31. Delivered lecture on Development of Psychotherapy in India and South Asia as Resource Person during the 9th International Congress of Psychotherapy from 18-20 May 2016 at Shahid Beheshti University, Tehran (Iran)</p> <p>32. Delivered lecture on Mental Health and Wellbeing of Elderly People as Resource Person during the Congress on Mental Health: Meeting the Needs of the XXI Century from 07-08 October 2016 at Union for Mental Health of Russia, Moscow (Russia)</p> <p>33. Delivered lecture on Utility of Yoga Education in Present Scenario as invited speaker during the Two Days International Seminar on Relevance and Utility of Yoga Education in Present Scenario from 17-18 Feb.2018 at BKD College, Jhansi (U.P.)</p> <p>34. Delivered lecture on Yoga and Psychotherapy for Holistic Health and World Peace as Resource Person during the 10th International Congress of Psychotherapy from 13-14 May 2018 at Tehran University, Tehran (Iran)</p>
<p>Member of Curriculum Development Committee/s</p>	<ol style="list-style-type: none"> 1. G.K.University, Haridwar-(Yoga) 2. H.P.University, Shimla (Yoga) 3. Dr.H.S.Gour University, Sagar (Yoga and Physical Education) 4. A.P.S. University, Rewa (Yoga) 5. K.U.Dharwad (Yoga) 6. Rani Durgawati University, Jabalpur (Yoga) 7. Rashtriya Sanskrit Samsthan, New Delhi (Yoga and Physical Edu.) 8. ABV Hindi Vishwavidyalya, Bhopal (Yoga) 9. MD National Institute of Yoga(Yoga) 10. IGNOU, New Delhi (Yoga) 11. B.U.Bhopal (Yoga) 12. Bihar Yoga Bharti, Munger(Yoga) 13. LNIPE,Gwalior (Yoga and Physical Education) 14. Andhra University, Visakhapatnam (Yoga) 15. CCS university, Merrut (U.P.)
<p>Subject Expert in Examination at Various level</p>	<ol style="list-style-type: none"> 1. Gurukul Kangri University, Haridwar, 2. H.P.University, Shimla, 3. Dr.H.S.Gour University, Sagar 4. DAB Indore University, Indore, 5. BHU, Varanasi 6. Mumbai University, Mumbai, 7. Punjab University, Chandigarh, 8. K.U.Dharwad, 9. Rani Durgawati University, Jabalpur, 10. B.U.Bhopal, 11. Bihar Yoga Bharti, Munger, 12. LNIPE,Gwalior (Deemed University) 13. Andhra University, Visakhapatnam. 14. T.M.Bhagalpur University, Bhagalpur

	15. Rashtriya Sanskrit Samsthan, New Delhi (Deemed University) 16. ABV Hindi Vishwavidyalya, Bhopal 17. MD National Institute of Yoga 18. Mangalore University, Mangalore. 19. Swami Vivekanand Univesity, Sagar (M.P.) 20. Barkattullha University, Bhopal 21. A.P.S.University, Rewa (M.P.)
Membership or Fellow of Professional/ Academic Bodies, Societies	International Bodies 1. President- World Council of Psychotherapy-Asian Chapter-Viena-Austria 2. Founder President, Asian Federation of Psychotherapy , China 3. Vice President- Asian Federation of Psychotherapy, Moscow 4. Member, European Association of Psychotherapy-EAP- Austria 5. Fellow Member, Scientific Council of the International Council of Ayurveda, India 6. Life fellow member of World Society for Clinical Yoga, Lucknow (U.P.) India National Bodies 1. Founder life Member, Indian Council of Research in Yoga, Bhopal (M.P.) India 2. Founder Gen. Secretary, Yoga and Psychotherapy Association of India, Sagar 3. Life Member, National Association of Physical Education and Sports Sciences, New Delhi. 4. Member-Advisory Board of the Kundalini Yoga Research Institute, Lucknow
Outstanding work Done (Honours)	1. Indian Representative, Festival of India in U.S.S.R (30-05-1987 to 16-07-1987) 2. Man of the Year-1997 awarded by The International Board of Research, American Biographical Institute, North Carlina, USA (1997) 3. Indian Observer in 2 nd World Congress for Psychotherapy in Vienna by Central Council for Research in Yoga and Naturopathy, Ministry of Health and Family Welfare, GOI , July 3-8, 1999 4. Nominated for International Scholars of 20th Century Award by the American Organization of Intellectuals, NY, USA , 16 March 2001. 5. Founder Course Director , M.A/M.Sc Yogic Science, Sagar University (2001-2002) 6. Certificate of Honour by UP Naturopathy and Yoga Teachers and Physicians Association, Lucknow for outstanding contribution & commendable work done in Yoga and Naturopathy, Lucknow. (30 Nov.- 01 Dec. 2004) 7. Awarded Certificate of Honor by the Chief Minister of Madhya Pradesh for achievements in Yoga during 2007-08 on recommendations of the Department of Higher Education, Madhya Pradesh. 8. Honorary Professor, International Academy for Yoga Teachers Education, Belgrade, Serbia (2010) 9. Member, Scientific Board of the International Society for Scientific Interdisciplinary Yoga Research, Belgrade, Serbia since Sept. 24, 2010. 10. Member, Peer Team, NAAC Committee, (Three Times) 11. Visiting member, MP Uchh Siksa Anudan Aayog, Bhopal (1992) 12. Centre In-charge, Mahrishi Patanjali Yoga University New Delhi appointed by Government of Madhya Pradesh (1987) 13. Broadcast of Varta on Swasthya Evam Sukhmaya Jeevan Ke Liye Yoga by the All India Radia, Govt. of India during May,1997

ALL ABOVE STATEMENTS ARE TRUE AS PER MY BELIEF AND CONCERN



(Prof.Ganesh Shankar)