

# Curriculum Vitae

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## Personal Details

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**Address:** School of Humanities, Centre for Yoga Studies, Central University of Himachal Pradesh, India  
**Telephone:** 7749827729  
**E-mail:** prativashree09@hpcu.ac.in  
**Citizenship** India

## Professional Qualifications

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1. Ph.D. in Yoga, "Theories of Karma: A Comprehensive Survey", Utkal University, Bhubaneswar, Odisha
2. MA in Yoga Philosophy, 1<sup>st</sup> position with 1<sup>st</sup> Division (**Gold Medal**), 2000-02., Bihar Yoga Bharati, Munger, Bihar, India
3. MA in Economics, Berhampur University, Berhampur, Odisha
4. BA in Economics, Utkal University, Bhubaneswar, Odisha

## Employment History

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1. Currently working as Associate Professor in the Centre for Yoga Studies, Central University of Himachal Pradesh, Dharmashala, Kangra, Himachal Pradesh.
  2. Sri Sri University from August 30, 2014 – July 18, 2024.
  3. D.A.V. Public School, Unit – 8, Bhubaneswar (2010-2014).
  4. Utkal University, Vani Vihar, Bhubaneswar (2008-2010).
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## Personal Distinctions

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### A. CHIEF GUEST / GUEST OF HONOUR:

1. Being invited as a **Guest of Honor** delivered a talk in the **Seminar** on Naturopathic management of disease on 12 November 2018 (9am- 12noon) at mini auditorium, nursing college, AIIMS, Bhubaneswar.
2. Became felicitated in **All India Youth Conference** held at Udaygiri, Jajpur, Odisha on 2 January, 2019.
3. Being invited as the **Guest of Honour** delivered a talk in the **Seminar** on ‘Gastric Cure by Yoga’, held at Alisha Bazaar Yoga Sikshya Kendra, Cuttack, Odisha on 26 January 2019.
4. As the **HOD of the Department of Yogic Science, Sri Sri University** felicitated Pooja Talani, a senior AOL teacher in the Indo-Canadian Leadership Dialogue program on 18 February 2019 in SSU.
5. Being invited as the **Chief Guest** delivered a talk during 2<sup>nd</sup> Annual Day celebration of the **Bharatiya Yoga Sansthan** (Odisha Prant) at HIG Park, Sailashree Vihar, Bhubaneswar, Odisha on 20 October 2019.
6. Being invited as the **Chief Guest** delivered a talk and became felicitated by the Bharatiya Yoga Sansthan (Khandagiri Yoga Zilla, Odisha Prant) during its INAGURAL CUM 1<sup>st</sup> ANNUAL FUNCTION at Durgamadhaba Nagar Yoga Sadhana Kendra, Bharatpur, Sailashree Vihar, Bhubaneswar, Odisha on 16 February 2020.
7. Being invited as the **Guest of Honor** presented a Research Paper and Chaired a Technical Session in the **International Conference** on “The Indian Culture in Southeast Asia” organized by the Sanskrit Study Center and the Department of Oriental Language, Faculty of Archaeology, Silpakorn University, Bangkok, Thailand on March 7-8 March 2020.
8. Being invited as the **Chief Guest** delivered a talk during the celebration of ‘International Women’s Day’, organized by the **Telecom Women Welfare Organization, BSNL, Bhubaneswar, Odisha** on March 8, 2022.
9. Being invited as a **Guest** delivered a talk during the celebration of **World Hepatitis Day-2022**, organized by **Indian Liver Patient Foundation** on July 28, 2022.

10. Being invited as the **Chief Guest** delivered a talk in the ‘Mahila Yoga Shakti Divas-2022’, organized by **Bharatiya Yoga Samsthan**, Odisha Prant, at Khandagiri Yoga Zilla, Bhubaneswar, Odisha on December 25, 2022.
11. Being invited as the **Chief Guest** delivered a talk in the Opening and Ribbon Cutting ceremony of Smile Yoga in Bhubaneswar, Odisha on January 1, 2023.
12. Invited as the **Guest of Honour** for the Mudra Annual Fest- 2023 and became felicitated with a token of appreciation, organized by Mudra Fitness in Bhanja Kala Mandap, Bhubaneswar, Odisha on January 15, 2023.
13. Being invited as the **Chief Guest** for the 57<sup>th</sup> Foundation Day celebration of Bharatiya Yoga Santhan and delivered a talk, organized by Buddhav Yoga Zilla at Buddha Jayanti Park, Niladri Vihar, Chandrashekharpur, Bhubaneswar, Odisha on April 9, 2023.
14. Being invited as the **Chief Guest** delivered a talk on ‘Need of Yoga for Students’, in a state Level Program under NUA-O Initiatives of Integrated Youth Development Program (IYDP), organized by Ekamra College, Bhubaneswar, Odisha on December 14, 2023.
15. Being invited as the **Chief Guest delivered a talk** during the celebration of ‘Mahila Yoga Shakti Diwas’, organized by Bharatiya Yoga Sansthan, Odisha Prant, Nayapalli Yoga Zilla at Upasana Kendra, Baramunda Housing Board Colony, Bhubaneswar, Odisha on December 24, 2023.
16. Being invited as the **Chief Guest** delivered a talk in the ‘Mahila Yog Shakti Divas-2022’, organized by Chandrashekhar Yog Zilla, Bharatiya Yoga Samsthan, Odisha Prant, at NALCO Nagar Community Centre ground, Chandrashekharpur, Bhubaneswar, Odisha on December 25, 2024.

## **B. TELEVISION PROGRAM:**

1. Had recording on ‘Yoga and Obesity’ in the Tarang Chanel, OTV, in Kalinga Studio on 4 September 2012 & Telecasted on 24 September 2012.
2. Had recording in the Tarang Chanel, OTV on ‘Yoga for the sports personnel’ in Kalinga Studio on 14 June 2012 & Telecasted on 2 July 2012.
3. Acted as a **Panel Member** in the National Chanel, Door Darshan Odia.
4. Had recording in the Door Darshan & All India Radio Center, Bhubaneswar on 12, 19 & 21 February 2013.

5. Had recording in Door Darshan, Odia, National Chanel, for International Day of Yoga 2017 on 16 June 2017.
6. Acted as a **Panel Member** on the topic 'Naari Swaasthya' (Woman Health), in Door Darshan Kendra, Recording on 1 June 2018
7. Acted as a **Panel member** on the topic 'Yoga Jeevana' (Yogic Life), in Naxatra News during the celebration of International Day of Yoga on 21 June 2019.
8. Acted as a **Panel member** on the topic 'Manava Jeevanare Yoga O Pranaayaamara Mahatva' (Importance of Yoga and Pranayama in Human Life) in DD Odisha channel on 22 June 2019.
9. Being invited as a **Guest Speaker** delivered a talk on 'Carrier Calling in Yoga' to DD Odisha Channel for on 25 June 2019.
10. Invited as an **Expert** for a live program on 'Yoga and Fit India' in DD News Bulletin at 7:00PM during the occasion of 'FIT INDIA MOVEMENT' on 30 August 2019.

### **C. ALL INDIA RADIO PROGRAM:**

1. Had recording on 14 June, 2018 in **All India Radio** and spoke on 'Yogic Management of Back Pain and Yoga for Women' which has been Broadcasted on 16th June and 23 June 2018 respectively.
2. Being invited as the **Guest Speaker** spoke on the use of 'Y-BREAKER APP FOR HEALTHY LIFE' in the weekly program SARA KARA O NAGARIKA, based on MyGov, organized by Akashvani Cuttack, Odisha at 6:30 PM on February 21, 2021.
3. Being invited as the **Guest of Honor** delivered a talk on 'Yoga for the health and well-being of women' during the celebration of International Women's Week- 2024. It was followed by a recording of my talk on 'Yoga for holistic health' (broadcasted on June 11, 2024) at Akashvani, Cuttack on March 5, 2024.

### **AWARDS AND FELICITATIONS:**

#### **A. YOGA RATNA AWARD:**

1. Received '**Yoga Ratna**' award in the presence of honorable MP (Dr Prasanna Path sani), Minister (Mr. Prafulla Samal), Chancellor (Prof. Prafulla Mishra, Rajendra Prasad Central Agriculture University, Bihar), Vice-Chancellor (Mr. Pashupalaka) & the

President of Indian Proctology Society (Prof. Chaturbhuja Bhuiyan) during the **International Conference** held at OUAT, Bhubaneswar on 21 January 2019.

**B. MANAPATRA FOR THE LIFE TIME ACHIEVEMENT:**

1. Received **Gold Medal** in MA Yoga Philosophy from Bihar Yoga Bharati, Munger, Bihar, India in 2002.
2. Felicitated with the **Certificate of Appreciation for The Contribution to The Field of Yoga** by the Directorate of Sports and Youth Services, Odisha on 8 June, 2010.
3. Felicitated with **Manapatra for the Life Time Achievement** by All Odisha Orthopedically Handicapped Welfare Association during International Wheel Chair Day, Odisha on 1 March, 2018.
4. Felicitated with **Manapatra for the Life Time Achievement** and Memento for my contribution to the field of Yoga by Hon'ble **Minister**, SSEPD, W&CD, MS&ME, Govt. of Odisha, Mr. Prafulla Samal and Mr. Nitin Chandra, IAS, Secretary, SSEPD, Odisha, on 28 February 2019 at Bhubaneswar, Odisha, during the occasion of International Wheel Chair Day – 2019, held from 28 February to 1 March, 2019.
5. Felicitated with the **Certificate of Appreciation for the Life Time Achievement** during the occasion of 13th Kalinga Herbal Fair, organized by State Medicinal Plants Board (SMPB), Odisha (Under Forest & Environment Department, Govt. of Odisha) at IDCO ground, Bhubaneswar, Odisha on 20 March, 2021.
6. Felicitated with the **Certificate of Appreciation** during the **National E-Workshop** on 'Management of Examination Stress among Students Through Yoga', organized by School of Yoga, Ranchi University, Ranchi in collaboration with Radio Khanchi 90.4 F.M., Ranchi University on 20 March, 2021.
7. Felicitated with the '**Certificate of Appreciation**' for my Service during COVID Pandemic by Indian Liver Patient Foundation in 2021.
8. Felicitated with the **Certificate of Appreciation** during the International Day of Yoga- 2021, organized by D.A.V. School of Business Management, Bhubaneswar on June 21, 2021.
9. Felicitated with the **Certificate of Appreciation** by Directorate of AYUSH, Bhubaneswar for her contribution to the field of yoga during the celebration of International Day of Yoga- 2021.

### **C. PLAQUE OF APPRECIATION:**

1. Received **Plaque of Appreciation** from Director, Sports & Youth Services, Bhubaneswar on 8 June, 2010.
2. Received **Plaque of Appreciation from NCC Directorate Odisha** for imparting State Level Yoga Training to cadets for 1<sup>st</sup> International Day of Yoga Celebration' 2015.

### **D. FELICITATION:**

1. Felicitated by the **Income Tax Department**, Odisha Region, on International Day of Yoga', 2017.
  2. Felicitated being **The State Resource Person** by **Directorate of AYUSH**, National AYUSH Mission, Directorate of AYUSH, Health and Family Welfare Department, Government of Odisha during International Day of YOGA, 2017 on 21 June 2017.
  3. Felicitated as a **Resource Person** in the field of Yoga in the **Seminar** on Wellness (Nirujam- the Ageless Living), organized by Indian Liver Patient Foundation, in Bhubaneswar on 29 September 2019.
  4. Felicitated being the **Chief Guest** by the Bharatiya Yoga Sansthan (Khandagiri Yoga Zilla, Odisha Prant), during its Inagural Cum 1<sup>st</sup> Annual Function at Durgamadhaba Nagar Yoga Sadhana Kendra, Bharatpur, Sailashree Vihar on 16 February 2020.
  5. Felicitated by Dhara Shree Radha Publication, during the celebration of 'Dhara Shreeradha Versha Utsava- 2023' at Bhanjakala Mandap, Bhubaneswar on September 28, 2023.
  6. Felicitated being invited as a **Resource Person** in ICHR Sponsored **National Seminar** on Knowledge System of India with Reference to History- The Odisha Chapter, organized by Bharata Vikas Parishad, Bhubaneswar North Branch in Collaboration with BVP, Odisha East from 10<sup>th</sup> -11<sup>th</sup> March, 2025.
  7. Felicitated being invited as a **Guest of Honor** in the **National Seminar** on Yoga & Naturopathy: Practice for A Sustainable and Holistic Lifestyle, organized by Department of Yoga & Naturopathy, Maharaja Sriram Chandra Bhanja Deo University, Baripada from 11-12 March, 2025.
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## Invited Seminars and Invited Conference Presentations (last 5 years)

### A. INTERNATIONAL CONFERENCE / SEMINAR:

1. Presented a Research Paper on 'Restructuring Work Environment in Yogic and Naturopathic Way: A Conceptual Study' in the International Management Conference on 'Re-Inventing the Future of Work and Business: Challenges, Opportunities and the Path Ahead" from 27-28 February, 2021, organized by Kalinga Institute of Industrial Technology (KIIT), Bhubaneswar, Odisha on 28 February, 2021.
2. Presented a Research Paper on 'Yogic Management of Technostress for mental and Physical Wellbeing' in the International Conference on Integrative Approach for Mental and Physical Wellbeing during Covid-19 Era, organized by the Faculty of Health and Wellness, Sri Sri University from April 12-13, 2022.
3. Presented a Research Paper on 'Yoga for Health and Hygiene', in the 43<sup>rd</sup> Annual Conference of Indian Association of Biomedical Scientists (IABMS) and International Conference on 'An integrative Approach Towards Health Protection and Health Promotion', organized by Faculty of Health and Wellness and Sri Sri College of Ayurvedic Science and Research Hospital, Sri Sri University, Cuttack from 19-21, December, 2022.
4. Presented a Research Paper on 'Yoga for the Total Wellbeing', in the International Conference on Ethno-Medicine in one Health, organized by Indian Proctology Society at College of Veterinary Science and Animal Husbandry, Odisha University of Agriculture and Technology, Bhubaneswar on April 21, 2023.
5. Received the Best Paper Award for the presentation of a Research Paper on 'Concept of Healthy Diet in Yoga' during an International Conference on 'Holistic Approach Towards Performance and Safety in Sports', in Sri Sri University, Cuttack from December 21-23, 2023.
6. Presented a Research Paper on 'Qualities of a True Seeker: A Yogic Prospective from Yoga Vasistha', in the 8<sup>th</sup> International Conference on Yoga Shastra held at Vivekananda Kendra, Kanyakumari from 28<sup>th</sup> February to 2<sup>nd</sup> March, 2025.

### B. NATIONAL CONFERENCE / SEMINAR:

1. Presented a Research Paper on ‘Detoxification Procedures in Yoga and Āyurveda to Strengthen the Immune System’, during National Conference, Healthmedicon- 2021, organized by Indian Proctology Society (IPS) on 30 January, 2021.
2. Presented a Research Paper on ‘Natha Dharma in Odisha and Its Socio-cultural Impact in Odia Culture’, in ICHR Sponsored National Seminar on Knowledge System of India with Reference to History- The Odisha Chapter, organized by Bharata Vikas Parishad, Bhubaneswar North Branch in Collaboration with BVP, Odisha East from 10<sup>th</sup> -11<sup>th</sup> March, 2025.
3. Presented a Research Paper on ‘Integrated Yoga Practices to Increase Cognitive and Motor Skills’, in the National Seminar on Yoga & Naturopathy: Practice for A Sustainable and Holistic Lifestyle, organized by Department of Yoga & Naturopathy, Maharaja Sriram Chandra Bhanja Deo University, Baripada, Mayurbhanj, Odisha, India from 11-12 March, 2025.

## Professional Contributions (last 5 years)

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### MEMBER OF TEXT BOOK DEVELOPMENT TEAM:

1. Being invited as a **Member of Text Book Development Team** I have attended the **Workshop**, organized by National Council of Educational Research and Training at National Centre of Excellence, Netaji Subhash Sports Centre, Sports Authority of India, Southern Headquarters, Bengaluru, Karnataka from December 16-18, 2024.
2. Appointed as a **Member for the Constitution of Text Book Development Team (TDT) for Grade 9 and 10** Physical Education and Well-being Textbooks by National Council of Educational Research and Training on February 12, 2025.
3. Being invited as a **Member of Text Book Development Team** for Grade 5- Physical Education and Wellbeing, I have attended an online **Workshop**, organized by National Council of Educational Research and Training from March 19-21, 2025.
4. Being invited as a **Member of Text Book Development Team for Grade 5-** Physical Education and Wellbeing, I have attended the **Workshop**, organized by National Council of Educational Research and Training at the Department of Social Sciences, NIE, NCERT, New Delhi from April 2-5, 2025.



## **CHAired THE TECHNICAL SESSION:**

### **A. INTERNATIONAL CONFERENCE / SEMINAR:**

1. **Chaired a technical session** during an **International Conference** on 'Holistic Approach Towards Performance and Safety in Sports', in Sri Sri University from December 21-23, 2023.
2. **Chaired a session, and felicitated** in the **1st International Conference** on 'Contemporary Yoga Styles: Applications and Benefits for Sports Training and Sports Performance', organized by School of Sports and Yoga Sciences, KIIT Deemed to be University, Bhubaneswar, Odisha under the aegis of: Association of Indian Universities (AIU), New Delhi from 27-28 December, 2024.
7. **Chaired a technical session during the** in the **8<sup>th</sup> International Conference** on Yoga Shastra held at Vivekananda Kendra, Kanyakumari from 28<sup>th</sup> February to 2<sup>nd</sup> March, 2025.

## **MEMBER OF EDITORIAL BOARD & SCIENTIFIC COMMITTEE:**

1. Member of Scientific Committee during the **International Conference** on 'Interactive Approach for Mental and Physical Well-being during Covid- 19 Era', organized by Faculty of Health and Wellness, Sri Sri University through virtual mode from April 12-13, 2022.

## **MEMBER OF THE EXPERT COMMITTEE MEETING (YOGA):**

1. Expert for the **Expert Committee Meeting**, organized by IGNOU, New Delhi for the **development of curriculum of Diploma Program in Yoga** for the undergraduate students on 3 March, 2021.
2. **Expert** for the **Online Interview (zoom) of the Yoga Teacher Position** by C.V. Raman Global University, Odisha on 26 April, 2021 and 10 May, 2021.
3. **Member of Expert Committee Meeting of Diploma in Yoga at School of Health Sciences, IGNOU, New Delhi** on February 29, 2024.

#### **MEMBER OF INSPECTION TEAM:**

1. Being invited as a **Member of Inspection Team** by Utkal University of Culture, Bhubaneswar, Odisha for the inspection of Institute of Health Science in Bhubaneswar submitted a report regarding feasibility of temporary affiliation for Master in Yoga on 1 September, 2020.

#### **MEMBER OF THE BOARD OF STUDIES:**

1. Member of the Board of Studies for **M.A. in Yoga** for the session 2020-21, under Section 10(5) of Utkal University of Culture Act, 1999 on with the Letter No. Acad.6(BOS)-01/1462/UUC on 5 November, 2020.
2. Has attended the Meeting of the Board of Studies for Master of Art in Yoga (MIY) to review the syllabus and to prepare the list of paper setters, moderators and examiners of both practical and theory for the Academic Session 2023-24, organized by Utkal University of Culture, Bhubaneswar on November 22, 2023.
3. Member of Board of Studies of Asian Institute of Public Health University, Odisha in 2024.
4. Being a member of Board of Studies of Asian Institute of Public Health University, Odisha attended the Meeting of the Board of Studies for Ph.D. Program to review the syllabus, organized (virtual mode) by Asian Institute of Public Health University, Odisha on February 18, 2025.

#### **MEMBER OF SYLLABUS COMMITTEE MEETING:**

1. **School of Health Sciences, IGNOU, New Delhi** for the development of curriculum of Diploma Program in Yoga for the undergraduate students on 3 March, 2021.
2. **School of Health Sciences, IGNOU, New Delhi** for the development of curriculum of Diploma Program in Yoga on February 29, 2024.
3. **Asian Institute of Public Health University, Bhubaneswar, Odisha** in 2024.

#### **EXTERNAL EXAMINER:**

1. Being invited as the **External Examiner** I have conducted the Term End Practical Examination of CPY Programme, organized by **IGNOU, New Delhi** at IGNOU Regional Center, Bhubaneswar, Odisha on 12 February, 2021.

2. Being invited as an **External Examiner** I have conducted the Term End Practical Examination of CPY Programme, organized by **IGNOU, New Delhi** at IGNOU Regional Center, Bhubaneswar, Odisha on July 5, 2021 & July 6, 2021.
3. Being invited as an **External Examiner** I have conducted the Term End Practical Examination of CPY Programme, organized by **IGNOU, New Delhi** at IGNOU Regional Center, Bhubaneswar, Odisha on September 17, 2021.
4. Being invited as an **External Examiner** I have conducted the Term End Practical Examination of CPY Programme, organized by **IGNOU, New Delhi** on May 30, 2022.
5. Was invited as the **External Examiner** and conducted the 4<sup>th</sup> Semester Post Graduate Practical Examination, organized by School of Yoga, **Ranchi University, Ranchi** from June 15-16, 2022.
6. Appointed as the **Question Setter** as well as the **Evaluator** of M.A. (Yoga) and M.Phil. (Yoga) programs by Utkal University of Culture, Bhubaneswar, Odisha in 2021-22.
7. Has appointed by Board of Management, Utkal University of Culture, Bhubaneswar, Odisha as the **External Examiner** in M.A. (Yoga) Practical for the 3<sup>rd</sup> Semester Examination of 2023 at **Shivananda Yoga Vedanta Academy, Bhubaneswar**, Odisha from December 19-20, 2023.
8. Was the **External Examiner** of B.Sc. (Honours) in Yoga, Semester- VI, 2024 Examination, Department of Yogic Art and Science, **Viswa Bharati, Santiniketan, West Bengal** from May 15-17, 2024.

## **RESOURCE PERSON:**

### **D. EDUCATIONAL INSTITUTES:**

1. Being invited as a **Resource Person** delivered a talk in a **Webinar** on 'The Secret to Reducing Stress and Creating Balance through Yoga' for the management students 2020, organized by The **Dept. of Business Management, Directorate of Distant and Continuing Education, Utkal University, Vani Vihar, Bhubaneswar, Odisha** from 8-12 March, 2021.
2. Being invited as a **Resource Person** delivered a talk in **One Day National E-Workshop** on 'Management of Examination Stress among Students Through Yoga', organized by **School of Yoga** (vocational Department), **Ranchi University, Ranchi** on 20 March, 2021.

3. Being invited as the **Guest Speaker** delivered a talk on '**Yoga for Health and Wellness**' in the online **Webinar** series on 'Yoga and Health', organized by **Sri Sri Nrusinghnath Ayurved College and Research Institute** on the eve of celebration of Yoga month from 21<sup>st</sup> May-21<sup>st</sup> June, 2021 on 9 June, 2021.
4. Being invited as a speaker delivered a talk on '**Role of Yoga in Post COVID Era**'; as the **Chairperson** for the **National Webinar** on 'Yoga and Wellbeing' during the 7<sup>th</sup> International Day of Yoga- 2021, organized by **K.A.T.S. Ayurvedic College and Hospital, Ankushpur, Ganjam, Odisha** on June 19, 2021.
5. Being invited as the **Speaker** delivered a talk on '**Yoga for Stress Management during Pandemic**' in the **Workshop** on Yoga, during the 7<sup>th</sup> International Day of Yoga 2021, organized by DAV Kalinga Nagar on June 19, 2021.
6. Was invited as the **Resource Person** and delivered a talk during the International Day of Yoga- 2021, organized by **D.A.V. School of Business Management**, Bhubaneswar on June 21, 2021.
7. Was invited as the **Guest Speaker** and delivered the Inaugural Talk on '**Yoga for Holistic Health**' for series of online lectures sponsored by **Indian Council of Philosophical Research** in commemoration of International Yoga Day, organized by **Department of Philosophy, Utkal University, Vani Vihar, Bhubaneswar, Odisha** on 21 June, 2021.
8. Delivered an invited talk on '**Emotional Intelligence: Effective tool for Management of Anger, Anxiety and Stress**', as a **Guest Resource Person** for Three-Day Online Training Program on 'Stress Management', organized by **Gopabandhu Academy of Administration, Bhubaneswar, Odisha** on 17 August, 2021.
9. Invited as the **Resource Person** and conducted Yoga Programs for the 5T Yoga Trainers of Bhadrakh District, Odisha to train 34 High School Teachers from 24-25 September, 2021.
10. Being invited as a **Resource Person** delivered a talk in the **Webinar** on 'Application of Yoga in the Daily Life', during the 3<sup>rd</sup> International Yoga Summit- 2021, organized by **Sivananda Yoga Vedanta Academy**, Bhubaneswar, Odisha on 19 December, 2021.
11. Being invited as the **Resource Person** delivered a lecture on '**Benefits of Sukshma Vyayama**' in the training program for yoga instructors, organized by Dr. Abhin

Chandra Homoeopathic Medical College and Hospital, Unit- III, Bhubaneswar, Odisha on 12 January, 2022.

12. Being invited as the **Speaker** delivered a lecture on '**Benefits of Surya Namaskar**' during the National Youth Day, organized by DAV Unit- VIII, Bhubaneswar, Odisha on January 12, 2022.
13. Being invited as a **Guest Lecturer** conducted three sessions (virtual mode) on '**Sankhya Philosophy**', '**Bhakti Yoga**' and '**Mantra Yoga**' for the students of **Mahidol University and One Yoga, Thailand** on May 9, 2022.
14. Being invited as the **Resource Person** conducted Yoga Sessions for the visiting students of North Odisha University, Baripada during their Study Tour, organized by **Jagadguru Krupalu University, Cuttack, Odisha** from May 23-29, 2022.
15. Being invited as a **Resource Person** conducted **Yoga Sessions** in a **Workshop**, organized by State Sainic Board, Odisha on May 29, 2022.
16. Was invited as the **Resource Person** and delivered a talk on '**Yoga and Wellness**', during a **Webinar**, organized by Kenrapara Autonomous College, Kendrapara, Odisha on May, 29, 2022.
17. Was invited as the **Resource Person** and delivered a lecture on '**Relevance of Yogasanas for the Health and Wellness**', in a Special Yoga Camp- 2022, Organized by **Sri Sitaram Adarsha Sanskrit Mahavidyalaya, Kolkata, under the auspices of Central Sanskrit University, New Delhi** from June 3-15, 2022.
18. Was invited as the **Resource Person** and delivered a lecture on '**Yoga for Fitness in Daily Life**' during the during the occasion of International Day of Yoga- 2022, organized by **DAV Unit- VIII, Bhubaneswar, Odisha** on June 19, 2022.
19. Delivered a talk being invited as a **Resource Person** on '**Yoga & Stress Management**', in the Induction Training Programme for the newly recruited Assistant Professors of the stand-alone Teacher Education Institutes of the State (Odisha), organized by **Human Resource Development Centre, Utkal University, Vani Vihar, Bhubaneswar, Odisha** on September 9, 2022.
20. Delivered a talk being invited as a **Resource Person** on '**Yoga and Stress Management**', in the Induction Training Programme for the newly recruited Assistant Professors of the stand-alone Teacher Education Institutes of the State (Odisha), organized by **Human Resource Development Centre, Utkal University, Vani Vihar, Bhubaneswar, Odisha** on September 15, 2022.

21. Delivered a talk being invited as a **Resource Person** on ‘**Yoga and Stress Management**’, in the Induction Training Programme for the newly recruited Assistant Professors of the stand-alone Teacher Education Institutes of the State (Odisha), organized by **Human Resource Development Centre, Utkal University, Vani Vihar, Bhubaneswar, Odisha** on September 17, 2022.
22. Being invited as a **Resource Person** conducted lecture sessions on ‘**Yoga for the Personality Development**’, and ‘**Yoga for the Geriatric Care**’ in 7 Days Short Term Courses in Yoga and Wellness through online mode for enhancing the professional competence of College/University teachers, organized by **UGC- Human Development Center, Ranchi University, Ranchi, Jharkhand** on November 24, 2022 and November 29, 2022 respectively.
23. Being invited as the **Resource Person** conducted yoga classes (virtual mode), organized by **DDC, Utkal University, Bhubaneswar, Odisha** from January 10-13, 2023.
24. Was invited as an **Expert** and delivered a talk during the Human Value Education Programme with the UG students of **Institute of Health Sciences, Bhubaneswar, Odisha** pursuing BPT and BASLP degree for shaping the career of the future Professionals in disability rehabilitation on July 19, 2023.
25. Was invited as a **Resource Person** and has delivered a talk on ‘**Yogic Diet for Health and Wellness**’ in 07 Days Short Term Course in Yoga and Wellness for enhancing the professional competence of College/University teachers, organized by **UGC Human Resource Development Center, Ranchi University, Ranchi, Jharkhand** on November 2, 2023.
26. Has attended the **Meeting of the Board of Studies for Master of Art in Yoga (MIY)** to review the syllabus and to prepare the list of paper setters, moderators and examiners of both practical and theory for the Academic Session 2023-24, organized by **Utkal University of Culture, Bhubaneswar, Odisha** on November 22, 2023.
27. Was invited as the **Resource Person** and delivered a talk for NUA-O Program (Yoga for Healthy Life Style), organized by **Kishorenagar College, Cuttack, Odisha** on December 18, 2023.
28. Appointed by Board of Management, Utkal University of Culture, Bhubaneswar as the **External Examiner in M.A. (Yoga)** for the 3<sup>rd</sup> Semester Examination of 2023 at **Shivananda Yoga Vedanta Academy, Bhubaneswar, Odisha** from December 19-20, 2023.

29. Was invited as the **Resource Person** and delivered a talk for NUA-O Program (Yoga for Healthy Life Style), organized by **Biju Patnaik College, Bhubaneswar, Odisha** on December 23, 2023.
30. Was giving instruction during the **Mass Surya Namaskar Demonstration`at Sun Temple Konark, Odisha**, conducted by Faculty of Health and Wellness and organized by **Sri Sri University, Cuttack in collaboration with Morarji Desai, National Institute of Yoga, New Delhi, Ministry of AYUSH** with 400 student and faculty members of Sri Sri University, Cuttack, Odisha and different schools of Puri, Odisha on January 07, 2024.
31. Was the **External Examiner** for the M.Sc. in Yoga, Semester- III, 2023-Examination (Practical / Oral / Viva voce / Dissertation / Project work / Accompanist / Practice Teaching) in **Bishva-Bharati University, Shantiniketan, West Bengal** from January 22-24, 2024.
32. Being invited attended an **Expert Committee Meeting of Diploma in Yoga at School of Health Sciences at IGNOU** on February 29, 2024.
33. Has attended a special **Yoga Session on “An Approach to Science of Yoga”**, organized by Sivananda Yoga Vedanta Academy in collaboration with Sri Sri University, where Dr. Shishir K. Bosh was the Chief Guest cum Speaker (MBBS, MD, FACP, FACTM, DTM&H(ENG), FABHP, FACGS, a distinguished consultant to the National Institute of Medicine, USA) at **Sivananda Yoga Vedanta Academy, Bhubaneswar, Odisha** on March 9, 2024.
34. Being invited as a **Resource Person** conducted a ‘**Meditation Session**’ during the occasion of **First World Meditation Day**, organized (virtual mode) by the **Department of Yogic Science, Asian Institute of Public health University (AIPH), Odisha** on December 21, 2024.
35. Being invited as a **Resource Person** delivered a talk on ‘**Yoga for Stress Management of the Students**’, organized (virtual mode) by the **Department of Yogic Science, Asian Institute of Public health University (AIPH), Odisha** on January 25, 2025.
36. Being invited as a **Resource Person** delivered a talk on ‘**Significance of Hatha Yoga in Human Life**’, organized (virtual mode) by the **Department of Yogic Science, Asian Institute of Public health University (AIPH), Odisha** on February 15, 2025.

37. Being invited as a **Guest of Honor** for the **National Seminar** delivered a lecture on '**Integrated Yoga Practices to increase Cognitive and Motor Skills**', and chaired the succeeding technical sessions, organized by the **Department of Yoga and Naturopathy, MSCB University, Baripada, Odisha** on March 12, 2025.
38. Conducted a **Three Days Event** for the practice of Common Yoga Protocol has been organized by Central University of Himachal Pradesh from 04.06.2025 to 06.06.2025 for the Students, Research Scholars, Faculty Members and Staff Members in **Dhauladhar Parisar- II, Central University of Himachal Pradesh, Dharmasala, Himachal Pradesh** on the occasion of 11<sup>th</sup> International Day of Yoga.

#### **E. CORPORATE & GOVERNMENT SECTOR:**

1. Invited as a **Speaker** for **Odia Samaj Covid care Programme** organized (a virtual wellness program) by **Odia Samaj, New Delhi** to appeal the Odia doctors worldwide to volunteer themselves and come together at this hour of crisis while the COVID-19 virus is wreaking havoc on the healthcare system, and infected people across the globe are suffering silently at their homes without access to healthcare professionals on the 24th of April, 2021.
2. Being invited as a **Resource Person** conducted a yoga session on 'Prana Vidya' in the **Workshop** on 'Meditation for Healthy Living and Happy Ageing' organized by Prajnanam Brahma: Institute of Self-Culture, Jaipur, Odisha in collaboration with Swami Vivekananda, Navi Mumbai (SNFT) on 05 June, 2021.
3. Has **voice recording of the yogic techniques for post-covid recovery** on 8 June, 2021, organized by AYUSH Odisha, which has been released in social media on 21 June, 2021.
4. Being invited as a **Guest Resource Person** delivered a talk on '**Emotional Intelligence: Effective tool for Management of Anger, Anxiety and Stress**', for Three-Day Online Training Program on 'Stress Management', organized by **Gopabandhu Academy of Administration, Bhubaneswar, Odisha** on August 17, 2021.
5. Being invited as a **Guest** and delivered a talk on '**Relevance of Yoga for Healthy Liver**' during the celebration of **World Hepatitis Day- 2022**, organized by **Indian Liver Patient Foundation** on July 28, 2022.



6. Being invited as a **Resource Person** conducted the '**Health Camp**', organized by **Indian Liver Patient Foundation (ILPF)**, a health based charitable organization under its Flagship Project towards affordable health named Shradhanand Affordable Treatment and Health Initiative (SATHI), started from January 1, 2022.
7. Being invited as the **Resource Person** for a **Workshop** conducted a Yoga Session for the Health and Wellbeing of the Executives, organized by **Telecom Women Welfare Organization, BSNL, Bhubaneswar, Odisha** on April 13, 2022.
8. Being invited as the **Chief Guest** delivered a talk during the 'Mahila Yoga Shakti Divas- 2022', organized by **Bharatiya Yoga Samsthan, Odisha Prant**, at Khandagiri Yoga Zilla, Bhubaneswar on December 25, 2022.
9. Being invited as the **Chief Guest** delivered a talk on '**Relevance of Yoga in Daily Life**' for the Opening and Ribbon Cutting Ceremony, organized by Smile Yoga in Bhubaneswar, Odisha on January 1, 2023.
10. Invited as the **Guest of Honour** for the Mudra Annual Fest- 2023 and became felicitated with a token of appreciation, organized by Mudra Fitness in Bhanja Kala Mandap, Bhubaneswar, Odisha on January 15, 2023.
11. Being invited as the **Chief Guest** delivered a talk on '**Yoga for the Management of Disease**', in the **Workshop** on 'Health Awareness', organized by **Shatakshi Ladies Association (Regd. 23523/69) at Kalinga Nagar, Bhubaneswar, Odisha** on February 25, 2023.
12. Became felicitated in the Spring Festival 2023, hosted by **Dhara Shree Radha Trust** at Nandankanan Resorts, Bhubaneswar, Odisha on February 27, 2023.
13. Invited as the **Resource Person** and delivered a talk during the State Level Youth Red Cross Study-cum-Training Camp, organized by Youth Red Cross Odisha, Odisha State Branch, Indian Red Cross Society at Rama Devi University, Bhubaneswar, Odisha on March 16, 2023.
14. Invited as a **Guest Resource Person** and conducted a session on '**Emotional Intelligence: Effective tool for Anger, Anxiety and Stress**', during the Three-day Training Program on 'Stress Management in Workplace', organized by Gopabandhu Academy of Administration, Govt. of India on March 23, 2023.
15. Being invited conducted the TWWO Yoga Session- 2023, organized by **Telecom Women Welfare Organization, BSNL Odisha Circle, Bhubaneswar, Odisha** on July 2, 2023.

16. Being invited as a **Resource Person** delivered an invited talk on ‘**Sattvic Diet for Health and Wellbeing**’ in the **Seminar** on Relationship among Nutrition, Health & Disease, organized by Su-ham Foundation in collaboration with Game and Fame during Rashtriya Poshan Maah Abhiyan- 2023 on September 30, 2023.
17. Became felicitated by Dhara Shree Radha Publication, during the celebration of ‘**Dhara Shreeradha Versha Utsava- 2023**’ at Bhanjakala Mandap, Bhubaneswar on September 28, 2023.
18. Being invited as a **Guest Speaker** delivered a speech on ‘**Theory of Healthy Living**’, and was felicitated during the celebration of **6<sup>th</sup> National Naturopathy Day 2023**, organized by Walden Woods Eco Village in association with International Naturopathy Organization at Mayfair Lagoon Hotel, Bhubaneswar on November 19, 2023.
19. Being invited as the **Resource Person** delivered a talk on ‘**Yoga for Non-Communicable Diseases**’ for the six day’s induction training program for Ayurvedic Medical Officers (AMO) acting as CHOs of AYUSH Wellness Centers (AHWCs) of the state, Odisha, organized by Odisha State AYUSH Society, National AYUSH Mission, Directorate of AYUSH, Department of Health and Family Welfare, Govt. of Odisha at NABM, Prasar Bharati, Chandrasekharapur on December 20, 2023.
20. Being invited as the **Resource Person** delivered a talk on ‘Yoga for Non-Communicable Diseases’ in the Six Day’s Induction Training Program for Homeopathic Medical Officers (AMO) acting as CHOs of AYUSH Wellness Centers (AHWCs) of the state, Odisha, organised by Odisha State AYUSH Society, National AYUSH Mission, Directorate of AYUSH, Department of Health and Family Welfare, Govt. of Odisha at NABM, Prasar Bharati, Chandrasekharapur on January 10, 2024.
21. Being invited as the **Guest Speaker** participated in the panel discussion on ‘**Preventive and Holistic Approach of Health**’ in the Argus Odisha Health Connect Conclave- 2024, where the Chief Guest was Shri Sarbananda Sonowal Honorable Union Minister of AYUSH and Ports, Shipping and Waterways, Government of India, in Hotel Mayfair Convention, Bhubaneswar on January 20, 2024.
22. Being invited as a **Guest** conducted a Yoga Session in the **National Seminar** on the eve of World Liver Week 2024, organized by Indian Liver Patient Foundation in collaboration with SATHI in Bhubaneswar on April 27, 2024.

23. Being invited as the **Chief Guest** delivered a talk during the Annual Day celebration of Jeevan Veema Sandhya Kendra, Bharatiya Yoga Sansthan, Odisha Prant, Chandrashekhar Yoga Zilla at Maitree Vihar, Bhubaneswar on April 28, 2024.
24. Being invited as the **Guest** conducted the Yoga Session on International Yoga Day, organized by Telecom Women Welfare Organization, BSNL Odisha Circle, Bhubaneswar on June 21, 2024.
25. Being invited delivered a talk on '**Yoga and Yoga Therapy**', organized by All Odisha Yoga Association on September 22, 2024.
26. Being invited as **Yoga Expert** delivered a talk in the **Webinar** on the eve of 'World Menopause Day', organized by Indian Liver Patient Foundation in Bhubaneswar, Odisha on October 19, 2024.
27. Being invited as a **Guest Speaker** delivered a talk on 'Yoga, Healing, Health and Wellness', in the **Inaugural International Odia Convention in Pataya, Thailand** from 15-17 November, 2024.
28. Being invited as a **Resource Person** delivered a talk on '**Yoga for graceful aging and Kundalini Yoga**', organized by Silver Age Foundation for Elders (virtual mode) on November 9, 2024.

## Teaching

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1. Yoga Philosophy with its practical application
2. Yoga Sutra
3. Hatha Yoga
4. Bhagavad Gita
5. Upanishad
6. Research Methodology
7. Kundalini Yoga
8. Fundamentals of Yoga
9. Yogic Texts
10. Yoga Teaching Methodology
11. Applied Yoga
12. Yoga Therapy
13. Yoga Practical

## Doctoral Thesis Supervision

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### Three Ph.D. Scholars Awarded with Ph.D. Degree under my supervision.

1. Mrs. Manorama Panigrahi (FHW/PHD/2017/004) was conferred with Ph.D. Degree (Title of the Thesis: 'Management of Old Age Problems Through Integrated Approach of Yoga') on February 2, 2024.
2. Ms. Anupriya Gupta (FHW/PHD/2017/006) was conferred with Ph.D. Degree (Title of the Thesis: 'Effect of Sudarshan Kriya Yoga on Intuitive Intelligence: An Empirical Study') on March 4, 2024.
3. Mr. Himansu Parida (FHW/PHD/2019/004) was conferred with Ph.D. Degree (Title of the Thesis: 'An Analytical Study of Elements of Yoga as Available in Yoga Karika & related Major Commentaries on Yoga Sutra') on April 23, 2025.

## University Administration

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- Head of the Department, Department of Yogic Science, Sri Sri University on June 19, 2018.
- Ph.D. Program Coordinator, Faculty of Health and Wellness, Sri Sri University on January 3, 2020.

## Publications

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### Authored Books

1. 'Yoga and Yoga Bigyana', for **Board of Secondary Education, Odisha** in 2018.
2. 'Yoga Pravesh', with **ISBN: 978-81-953720-8-9**, which has been published on November 14, 2021.
3. 'Fundamentals of Yoga', for UG & PG, with **ISBN: 978-93-5908-587-6**, which has been released during a week-long celebration of Foundation Day- 2025 of Central University of Himachal Pradesh in presence of Sri Shiv Pratap Shukla, Honorable Governor, Himachal Pradesh, Vice-Chancellors of different Universities and other eminent dignitaries in Dharmasala, Himachal Pradesh on January 21, 2025.

### Book Chapters

1. **‘Foundation of Yoga’**, published by P.G. Diploma in Yoga Therapy & Master Degree in Human Consciousness & Yogic Science, Department of Sanskrit, Utkal University, Vani Vihar, Bhubaneswar (2010).
2. **‘Yogajyoti’** with **ISBN: 978-81-907997-1-3**, edited by Dr. Subash Chandra Dash, H.O.D. Course Coordinator, Yogic Science and published by Post Graduate Department of Sanskrit, Utkal University, Vani Vihar, Bhubaneswar, Odisha in 2016.
3. **BYGL - 001, Practical Manual on Yoga, ISBN- 978-93-89668-98-8** for the certificate course, edited by Dr. Seema Rani Yadav, Senior Consultant & Dr. Anubha Joshi, Consultant (Yoga) and published by Registrar, MPDD, (IGNOU) Indira Gandhi National Open University, New Delhi in January 2020.
4. Member of the Text Book Development Team of the BOOK, ‘Khel Yoga’ for Grade 4- Physical Education and Wellbeing with **ISBN 978-93-5729-022-7**, published by National Council of Educational Research and Training in March 2025.
5. Member of the Text Book Development Team of the BOOK, ‘Khel Yoga’ for Grade 5- Physical Education and Wellbeing with **ISBN 978-93-5729-028-9**, published by National Council of Educational Research and Training in July 2025.

### Refereed Conference Publications

1. ‘The Concept of Kundalini in Classical Yoga: A Review’ has been published in the Proceedings (**ISBN: 978-974-641-763-1**) of **International Conference** on “Hinduism and Buddhism in Southeast Asia with special reference to Ramayana”, organized by Sanskrit Studies Center, Department of Oriental Languages, Faculty of Archeology and the Ministry of Culture, Govt. of India, Silpakorn University, Bangkok, Thailand in 2020.

### Proceedings, Extracts and Other Articles

2. ‘DEMYSTIFYING YOGA’, had been published in Coffee Bytes (1-30 June 2017).
3. ‘RELEVANCE OF YOGA’ had been published in AYUSH Bulletin during the **International Day of YOGA**, 2017 (21 June 2017).

4. 'YOGA AND HEALTH', had been published in the Souvenir in the **National Conference** on Perspectives of Yoga, Christ College, Cuttack, Odisha (26-27 November 2017).
5. 'ROLE OF YOGIC DISCIPLINES TO IMPROVE THE QUALITY OF LIFE', had been published in the Souvenir in the **International Conference** on Advances in Medicine, Technology and Holistic Health, Healthmedicon 2019, Indian Proctology Society & Odisha University of Agriculture & Technology, Odisha (21-22 January 2019).
6. 'YOGA FOR HEALTH AND HYGIENE', had been published in **the Eastern India Oriental Conference**, 30 March-1 April 2019, organized at Gobardhana Pitha, Sri Shankaracharya Matha, Puri, Odisha.
7. 'ŚRĀṆKHALITA JĪBANA NIMANTE YOGĀBHYĀSARA PRĀSANGIKATĀ', had been published in 'RASHRADEEP' (Yoga-Ayurveda Bishshaanka, Regd. No. 4284/64 Cuttack), Vol-55, Issue No-41, on 24 June 2019.
8. 'ROLE OF PURIFICATION PRACTICES IN YOGA AND ĀYURVEDA FOR HOLISTIC HEALTH' had been published in the **Seminar** on Ayurveda for Longevity, during the celebration of 4<sup>th</sup> National Ayurveda Day, organized by National AYUSH Mission at Ayurveda Hospital, Bhubaneswar on 25 October 2019. This paper has been published in the Souvenir and inaugurated by the Governor of Odisha.
9. 'YOGA NIDRĀ: AN ART AND SCIENCE OF RELAXATION', had been published in the **International Conference** on Holistic Approach to Diabetes Mellitus, organized by ASTHAA Foundation (Astanga Ayurveda for Health & Academics) from 9-10 November 2019.
10. 'PRĀṆĀYĀMA FOR THE PERFECTION IN LIFE', has been published in the Souvenir during the inauguration of Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK AICYAM), Bhubaneswar on 12 January 2020.
11. 'THE CONCEPT OF YOGA IN PURĀṆAS', had been published in the Souvenir, 'PARVA' in the **National Seminar** on History in Puranas by BHĀRATIYA ITIHĀSA SAṆKALAN SAMITI, ODISHA in Bhubaneswar from 1-2 February 2020.
12. 'YOGA IS THE NEED OF PREVAILING SITUATION', which has been published in THE PIONEER (**National News Paper**).
13. 'Pranayama: a means to attain perfection' was published in the e-magazine, 'KAUSHALAM', ISSUE- 12, published on November, 2022.

14. Research paper on 'Yoga for Health and Hygiene', has been published in the **proceeding of 43<sup>rd</sup> Annual Conference of Indian Association of Biomedical Scientists (IABMS) and International Conference** on 'An integrative Approach Towards Health Protection and Health Promotion', organized by Faculty of Health and Wellness and Sri Sri College of Ayurvedic Science & Research Hospital, Sri Sri University, Cuttack from 19-21, December, 2022.
15. Research paper on 'Yoga for the Total Wellbeing', has been published in the Conference Proceedings during the **International Conference** on Ethno-Medicine in one Health, organized by Indian Proctology Society at College of Veterinary Science and Animal Husbandry, Odisha University of Agriculture and Technology, Bhubaneswar on April 21, 2023.
16. **Abstract** of the research paper on '**Concept of Healthy Diet in Yoga**' has been published in the proceeding during an **International Conference** on 'Holistic Approach Towards Performance and Safety in Sports', in Sri Sri University from December 21-23, 2023.
17. **Abstract** of the Research Paper on 'Qualities of a true seeker: a Yogic Prospective from Yoga Vashishtha' has been published in the proceeding during an **International Conference**, organized by Vivekananda Kendra, on Yoga Shastra held at Kanyakumari from February 28- March 2, 2025.
18. **Abstract** of the Research Paper on 'Integrated Yoga Practices to Increase Cognitive and Motor Skills', in the Two-Day **National Seminar** on Yoga & Naturopathy: Practice for A Sustainable and Holistic Lifestyle, organized by Department of Yoga and Naturopathy, Maharaja Shriram Chandra Bhanja Deo University, Shriram Chandra Vihar, Takatpur, Baripada, Mayurbhanj, Odisha, India from 11<sup>th</sup>- 12<sup>th</sup> March, 2025.