

Dr. Sudhanshu Verma

Ph.D., NET. In Yogic Science

Assistant Professor-II,
Department of Yogic Science & Spirituality,
Shri Raghunath Kirti Campus,
Central Sanskrit University, Devprayag, UK.



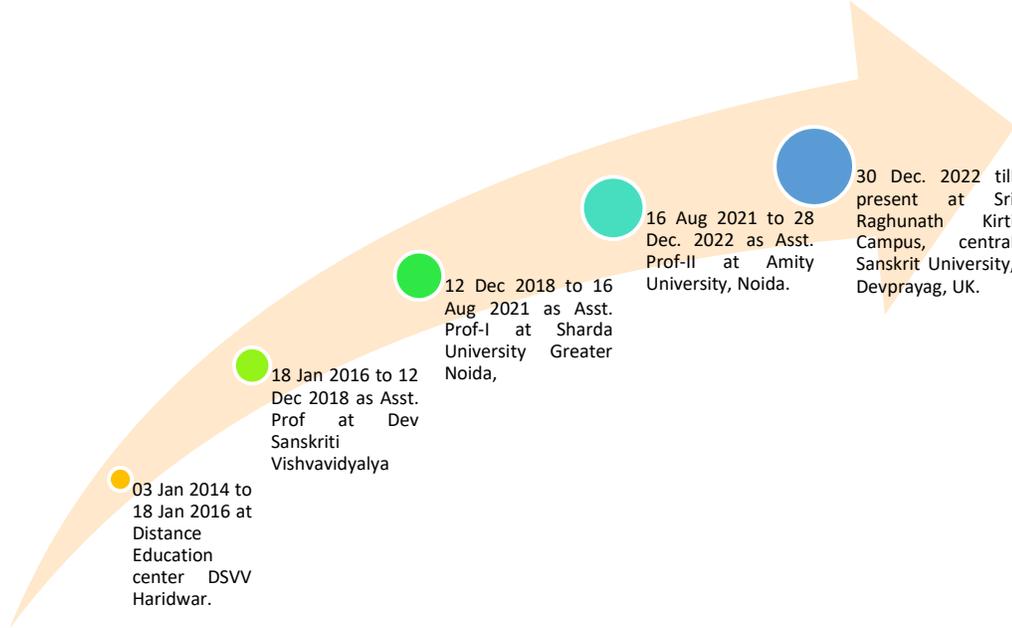
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Teaching Experience:

9 years of teaching experience in Department of yogic sciences. Dealing with different aspects of yoga (i.e. Human anatomy and physiology, Hatha Yoga & Yoga therapy)



Research thirst area:

- Yoga in Chronic Disease Management:

Investigating the efficacy of tailored asana-pranayama protocols for type 2 diabetes, hypertension, and musculoskeletal disorders.

- Mind–Body Interventions for Mental Health:

Exploring standardized yoga-based modules to alleviate anxiety, depression, and stress-related disorders in clinical and community settings.

- **Yogic Lifestyle Medicine:**

Integrating Ayurvedic principles, dietary guidance, and yogic practices into comprehensive lifestyle-modification programs.

- *Ph.D.*; Entitled “*Samuhik Yog sandhna ka sharirik evam mansik swasthya par prabhav: ek prayogatmak adhyan*” (2016)

Book Published:

- Dr. Sudhanshu Verma, (2024), **Applied Yogic Science: Learning and teaching**, Shipra Publication, New Delhi.
- Dr. Sudhanshu Verma, (2025), **Pathophysiology and Yogic Healing (for Common Ailments)**: Raghav Publications, New Delhi.

Research Publications:

- **Verma, S., Tomar, A.,** (2025) Impact of Pulmonary Yoga module on Lung capacity of Covid-19 Adult Survivors, BLDE University Journal of Health Sciences, Vol: 9(2), Jul-Dec 2024, P: 132-38. **DOI: 10.4103/bjhs.bjhs_202_23**
- **Chawla, J.K., Chandra, I., Verma, S. et al.** (2024) Integrating Physio-Yogic Exercise for rotator Cuff tendinopathy in Indian overhead Athletes: A comprehensive Approach, Journal of Lifestyle Medicine, Vol. 14, No. 1 Pg. 46-53. **Doi: 10.15280/jlm.2024.14.1.46**
- **Tomar, A., Verma, S.,** (2023) A holistic approach of Yoga and Ayurveda for Covid-19, Int. J. of Yoga and allied Science, Vol. 12, Issue 1 Pg. 60-69.
- **Sonika, Agarwal, K., Verma, S.,** (2023) Role and Effect of Yoga on sports performance of Olympic participants from the state of Haryana- A Study, Yog-Garima, Vol. 1, Issue 2 , **DOI: 10.52984/yogarima1203**
- **Verma, S.; Tomar, A.;** (2022) Validation of yoga Capsule on hyperlipidemia; Global journal of research analysis; Vol. 11; Issue.11; Nov.2022; **DOI: 10.36106/gjra/2306321** (PUBMED)
- **Verma, S. Kumar, K. & Meena, R.** (2020) Belief of Indian Population on traditional Yoga system during COVID-19 crisis, Ind. J. of Trad. Know; 19(suppl) Dec. 20; 133-138. ISSN. 0975-1068 (Online); 0972-5938 (Print) **(Scopus & WoS)**

- **Verma, S. & Kumar K. (2020)** Evidenced-based comparative study of group and individual consciousness on life satisfaction among adults, *Yoga Mimansa*; 52(2). ISSN 2394-2487 (UGC CARE)
- **Verma, S. (2020)** *Psycho-spirituality- A trigger for thought transformation*. *Int. J. of Yoga & allied sciences*; 9(1); 63-67
- **Verma, S., Meena, R. (2020)** *Evolving human Values through Yoga*, *Int. J. of Yoga & allied sciences*; 6(4); 35-41
- **Shivom & Verma, S. (2020)**. *Application of yoga for harmony and peace*. *Int. J. of Yoga & allied sciences*; 9(1); 81-88
- **Verma, S., & Shivom (2019)**. Philosophy, practice and process of yoga in modern scenario. *International Journal of Science and Consciousness*; 5(3): 21-25.
- **Verma, S. Kumar, K. (2018)** *Formulation of Yoga and Ayurveda*, *International Journal of Science and Consciousness*; 4(3), 65-73.
- **Verma, S., Kumar, K., Meena, R. (2017)**, *Evidence based study on general well being through hath yoga*, *international journal of yoga and allied sciences*; 6(4), ISSN:2278-5159
- **Verma, S., Kumar, K., Meena, R. (2017)** *Impression of Group consciousness on alpha E.E.G. brain waves*. *International journal of yoga and allied sciences*; 6(1): 41-46. ISSN:2278-5159
- Ph.D. in Yogic sciences From Dept. of Yoga and Health, Dev Sanskriti Vishvavidyalaya, Entitled "*Samuhik Yog sandhna ka sharirik evam mansik swasthya par prabhav: ek prayogatmak adhyan*" Year 03.03.2017
- **Verma, S. & Kumar, K. (2016)**. Evidence based study on super brain yoga and its application on alpha E.E.G. in adolescence. *International Journal of Science and Consciousness*; 2(4): 40-46. eISSN: 2455-2038
- **Chandrakar, R., Kumar, K., & Verma, S. (2016)**. The psycho-spiritual effects of punsavan sanskara on pregnant mother and foetus. *International Journal of Science and Consciousness*; 2(3): 1- 12. eISSN: 2455-2038
- **Tiwari S., Verma, S., (2016)**, Impact of yoga on obesity management of corporate personnel. *International journal of yoga and allied sciences*; 5(2), 152-157, ISSN:2278-5159
- **Verma, S. and Gurvendra, A. (2016)**. Effect of Collective Yogic Practices on Social Adjustment of Collage Students in Urban college students. *International Journal of Science and Consciousness*; 2(1): 36-40. eISSN: 2455-2038

- **K.R. Chakradhari, V.K. Singh, Verma, S., (2016)**, Effect of Yogic Practices on Adjustment level of blind student. International journal of yoga and allied sciences; 5(2): 139-144. ISSN:2278-5159
- **Verma, S., Kashyap, G. K., Kumar, K. (2016)**. Can Pranakarshan Pranayama helps to cope up the stress? International Journal of Science and Consciousness; 2(2): 38- 45. eISSN: 2455-2038
- **Verma, S., (2015)**. Effect of group sadhana and Yogic practices on aggression. Recent researches in social sciences & humanities; 2(2): 98-100. ISSN: 2348-3318

Academic Qualifications:

Qualification	Institute/University	Board/Subject	Passing/Completion year
NET.	UGC	Yoga	Jan. 2017
Ph.D.	Dev Sanskriti University	Yoga	Dec. 2016
M.Sc.	Patanjali University	Yoga	2011-13
P.G. Dip.	Dev Sanskriti University	Yoga	2010-11
B.Sc.	Dr. R.M.L. Awadh Univ.	Z.B.C.	2007-10
12 th	Ram Janaki Inter College	U.P.	2005-06
10 th	Saraswati vidya mandir	CBSE	2004

Additional Certifications:

- **Post graduate Diploma in Diet and Nutrition** from Indira Gandhi national Open University. (2013)
- **Certificate in Naturopathy** from Uttarakhand Open University. (2015)
- **Certified Yoga Teacher** by **Quality Council of India** on **Level-2** Certification. (2017)
- **Certified Yoga Examiner** by “**Yoga certification Board**”, **Govt. of India**.

Workshops/ conferences/ seminars (Attended/ organized):

- Participated in 3 months' internship programme in Dhanbad Jharkhand as well as Kolkata, West Bengal, Hosted by Dev Sanskriti University Haridwar. (2011)
- Participated in teaching techniques seminar of Gurukul kangri university, Haridwar (2011)
- Participated in **National yoga week** of Morar ji Desai National institute of yoga in new Delhi. (2011)
- Participated and Jointly organised many cultural activities at university level. (2011-2013) At Patanjali University.
- Participated **1st National Conference on “Yoga and wellness in life”** jointly organised by Dev Sanskriti Vishvavidyalya and Indian Association of Yoga (2015)
- Participated in an 48th Session of all India oriental conference Held at *Uttarakhand Sanskriti university*, Haridwar, U.K. (2016)
- Participated **2nd international conference on “yoga and holistic health”** held on 12-13 march 2016 by Indian Association of Yoga. (2016)
- Participated in a workshop on **Interdisciplinarity, Multidisciplinary, Transdisciplinary in Research**, Organized by Dev Sanskriti University Haridwar. (2016)
- Participated & organising member in **3rd International Conference on “Social Transformation through Yoga”** held on 27-28 march 2017 by Indian Association of Yoga. (2017)
- Participated in **2nd National level work shop on “Competence Criteria /Capacity Building Program”** Organised by Indian association of Yoga under supervision of Quality Council of India at Parmarth Niketan ashram, Rishikesh on 31 Oct. – 01 Nov. 2017
- Participated in National Symposium On **“Caring for all life Under the sun with special reference to Ozone Layer”** held at Dev Sanskriti University on 15-16 Sept. (2017).
- Participated & Organising member in **4th International conference on “Developing Human values through Yoga”** February 2018, held at Uttarakhand Sanskrit University, Haridwar (2018).
- Participated & Organising Member In **5th International Conference on Human excellence through Yoga in February 23-24, 2019** Held at Uttarakhand Sanskrit University, Haridwar (2019)

- Participated as Foreign Expert of Yoga and health Forum on “**China-India Cultural week & China India Yoga Conference**” Held in **YUNNAN MINZU UNIVERSITY- KUNMING (China)** from 10-11 June 2019 as Invited Guest, Made Presentation on “**Conceptualisation Yoga and Ayurveda**”. (2019)
- Conducted a **15 Day’s Workshop** for Chinese International Graduate level student from **Zhengzhou International University, Peoples Republic of China**, Under Department of Yogic sciences, School of Humanities and Social Sciences at Sharda University, Greater Noida, UP.
- Conducted a **Two days Yoga-Workshop for students of Orlean college of pharmacy** Greater Noida, Under Department of Yogic sciences, School of Humanities and Social Sciences at Sharda University, Greater Noida, UP.
- Conducted a National Webinar on ‘**Relevance of Yoga in promoting immunity during COVID-19**’ on **May 19, 2020**. Sharda University, Greater Noida.
- Conducted a **Two days Yoga-Workshop 7-8 April 21 for students of Dept. of Pharmacy**, Sharda University Greater Noida, Under Department of Yogic sciences, School of Humanities and Social Sciences at Sharda University, Greater Noida, UP.
- Attended an **International Conference on “Yoga in synergy with Science”** during 25-26 February 2023, jointly organized by Uttarakhand Sanskrit University, UK. And Indian association of Yoga, New-Delhi.

Achievements:

- Holding lectures in Dept. of Yoga and Health. D.S.V.V. since 2015 till yet for B.Sc. (Honours.) as well as M.Sc. Human consciousness.
- Taking lectures and yoga practical sessions for post graduate students **as a guest faculty** at D.S.V.V. distance education centre. (2013-2015)
- Act as a **Judge** for Uttarakhand state yoga association, Haridwar, **16th Yoga championship** 2016 Held at Dev Sanskriti University, Haridwar. (2016)
- Act as an **organiser in International conference** on “yoga and holistic health” held on 12-13 march 2016 at Hotel golden tulip, Rishikesh Road Haridwar. (2016)
- Resource person in **1st “Yoga and alternative therapy camp”**, as a **Yoga Therapist** organized by Centre of complementary and alternative Medicine, Dev Sanskriti University Haridwar. (2016)
- Delivered a 15 Day’s **Yoga Capsule for Military Personnel’s** in Military Cantonment, Raiwala, Rishikesh, U.K. (2016)

- Resource person in 2nd “Yoga and alternative therapy camp”, as a **Yoga Therapist** organized by Centre of complementary and alternative Medicine, Dev Sanskriti University Haridwar. (2017)
- “Guest Of honour” in 3rd **International conference on “Social Transformation Through Yoga”** Organized by Indian Association of Yoga. 25-26 Mar. 2017
- Act as a **Resource person** in 7 day’s Training programs on Central health services medical officer’s foundation training program held at Dev Sanskriti Vishvavidyalya in collaboration with **Ministry of health and family welfare, Govt. of India** on 21-27 May 2017.
- Resource person For **Ran Bankura Yoga diploma program for Indian Army** personnel organised by “Morar ji Desai national institute of Yoga, New Delhi”, under supervision of **Defence Ministry of India** for a tenure of **4 months** from 5 march 2018 to 25 June 2018 at Suratgarh, Rajasthan, military station. (2018)
- Holding lectures in various institute of yoga affiliated by Uttarakhand Sanskrit University. (2018)
- “Guest of Honour” and given a “**Invited speak on Anti- Addiction techniques**” At **Tirthankara Mahaveer university, Moradabad, U.P.** (2018)
- “**Guest of Honour**” at **5th international Conference on Yoga, Human excellence Through Yoga**, Held at Uttarakhand Sanskrit University, Haridwar 23-24 Feb. 2019.
- Co-chair person for a session at **5th international Conference on Yoga, Human excellence Through Yoga**, Held at Uttarakhand Sanskrit University, Haridwar 23-24 Feb. 2019.
- Participated in International conference on “**New Direction in 21st century Linguistics, literature and language teaching: moving towards Ka:rmik linguistic theory and practice**” Jointly organized by Ka:rmik linguistic and literary association (KLLAS) and school of humanities and Social Sciences, Held at Sharda University, Greater Noida, India on 29th & 30th of March 2019.
- Participated national workshop on “**Designing & development of MOOC’s on - digital platform**” from 17th to 20th Jan 2020 at the Sharda University, Greater Noida.
- Co-chair Person for a conceptual session at **6th International Conference on “Psycho-spiritual approach to Yoga”** Organized by Indian association of Yoga, New Delhi on 22-23 Feb. 2020.

- Organizing Member in Two days virtual International conference on **“Power, (in) equality and culture of resistance: an interdisciplinary approach to humanities and social sciences”**, Organized by School of humanities and social sciences, Sharda University, Greater Noida, UP. On 28th and 29th Jan. 2021.
- Co-chair Person for a conceptual session at **7th International Conference on “Revealing scientific and behavioural aspects of yoga and spirituality in special context of Maha-Kumbha”** Organized by Indian association of Yoga, New Delhi on 20-21 Feb. 2021.
- Organized a five day’s DST sponsored Training Program from 21st Feb till 25 Feb 2022 on **“Traditional Medicine: Modern Approaches for affordable and accessible Health Care”** for Training of Scientists and Technologists working in Government Sector of AYUSH Streams.
- Chaired a session at **8th International Conference on “Role of Yoga and Sanskritam in Human Transformation”** Held at Uttarakhand Sanskrit University, Haridwar 09-10 April 2022.
- Chaired a session at **9th International Conference on “Yoga In synergy with Science”** Held at Uttarakhand Sanskrit University, Haridwar 25-26 February 2023.
- Organized 7 days Continuing Medical Education Workshop for the faculty of Universities in India during 21-27 Mar. 2025 in a capacity of **“Organising secretary”** at Shri Raghunath Kriti Campus, Central Sanskrit University, Devprayag.
- Organised **“10th International Conference on Yoga as sciences and art of Living”**, During 22-23 Feb. 2025 in a capacity of **Organising Secretary**, Jointly organised by Indian Association of Yoga and Uttarakhand Sanskrit University, Haridwar.

Personal Details:

- Date of Birth: 08th Jan 1987
- Language Known: Hindi and English
- Father’s name: Lt. Dr. Ram Kishore Verma (M.D. Ped.)
- Mother’s name: Smt. Prem Lata Verma (House wife)
- Permanent address: C/o Himanshu Verma, Malaria Inspector, Bahind Naveen Mandi Parishad, Shiv Nagar Colony, Ayodhya, UP. 224001.
- Aadhar Card no.: 4683-4334-1492

Declaration:

I, **Dr. Sudhanshu Verma**, here by confirm that all type of information given above is true to the best of my knowledge and belief. I'll take all the responsibility if any information found vounge or wrong.

Place- Uttar Pradesh
Date- 28/01/2025

Sudh
28/1/2025

Dr. Sudhanshu Verma
Asst. Prof. Yogic Science