


Curriculum Vitae

FullName	Ghanshyam Singh Thakur		
Designation	Assistant Professor		
Department	Naturopathy and Yoga		
Campus	Chauras , Srinagar		
Mobile	91-7830201619		
Email	ghanshyam.thakur20@gmail.com		
Education Qualification	Degree	University	
	Ph.D.in Yoga	Swami Vivekananda Yoga Anusandhana Samsthana University (S-VYASA University)	
Teaching Experience	11 Years	Research Experience	14 Years
Areas of Interest/Specialization			
Research Methodology in Yoga, Patanjali Yoga Sutra, Yoga Therapy & its applications			
Membership of Yoga Organization			
1. Lifemember of Indian Yoga Association			
Research Supervision (No. of Ph.D. Degree Awarded/Registered)			
No. of Ph.D. student awarded degree: 01 Ph.D. student registered: 03			
Research Projects			
Project titled "Yoga for Prevention and Control of Suicidal Tendency and Restoring Mental Health in Indian Adolescent Student" under the EMR scheme of department of AYUSH. (Total Cost: 24 lacs) (PI: Dr.G.S.Thakur)			
Administrative Experience			
1. Former HOD of Department of Yoga (2013-18)			
2. Member of DSW Board, HN BGU			
3. Member of NIRF committee, HN BGU,			
4. Member of Board of Studies (BOS), Department of Yoga, HN BGU (2013-22)			
5. Member of BSc and MA Admission Committee, HN BGU (2013-present)			

Conference/Workshop Attended.

International

- **Presented the paper presentation** in International Conference on Yoga in Synergy with Science organised by Indian Association of yoga, New Delhi and Deptt. Of Yogic science, Uttarakhand Sanskrit University, Haridwar on 25-26th February 2023. Titled: Effect of Yoga on Smartphone De-addiction.
- **Presented the paper presentation** in International Conference on New Ideas in Sports Management organised by Laxshmibai National Institute of Physical Education, Gwalior in Vigyan Bhawan, New Delhi on 08-10th March 2018. Titled: Integrated Approach of Yoga for lifestyle Management.
- **Presented the paper presentation** in 4th International Conference on Developing Human Values through Yoga Organised by Indian Association of Yoga New Delhi and Deptt. of Yogis Science, Uttarakhand Sanskrit University, Haridwar on 24-25th February 2018. Titled: Meditation: A Unique way to developing Human Values.
- **Presented the paper presentation** in International Conference organised by Indian Association of Yoga, Haridwar on 12-13th March 2016. Titled: Efficacy of Yoga for Mental Wellbeing.
- **Presented the paper presentation** in 8th International Conference organised by Kaivalyadhama Yoga Institute Lonavla, Pune, on 27-30th December 2015. Titled: Role of Yoga in Education.
- **Presented the paper presentation** in 1st International Seminar organised by Department of Naturopathy and Yoga, Rishikesh on 30th Jan. 2015. Titled: Understanding of Illness according to Taittiriya Upanisad.
- **Participated** in International Yog Festival organised by GMVM & Uttarakhand Tourism in Rishikesh on 01-07th March 2014
- **Presented the paper presentation** in 7th International conference organised by Kaivalyadhama S.M.Y.M. Samiti. Lonavala, Pune in 27-30th Dec. 2012. Titled: Yoga for Prevention & Control of Suicidal Tendency & Restoring Mental Health in Indian Adolescent Students. **Received Best Paper Award.**
- **Participated as a Speaker** in 2012 International Yoga Conference on “Therapeutic Application of Yoga” organised by VYASAYOGA Singapore in Singapore on 28-30 September 2012.
- **Presented the poster presentation** in 19th International conference in Vivekananda Yoga Anusandhana Samsthana, Bangalore in 20-23rd Dec. 2011. Titled: Yoga for Prevention and Control of Suicidal Tendency and Restoring Mental Health in Indian Adolescent Student.
- **Participated as a Chair Person** in 1st International Conference on “Yoga, Cow, and Rural Reconstruction- Scientific Research Perspectives” organised by Vivekananda Yoga Anusandhana Samsthana, Bangalore in 28-30th Dec. 2008.
- **Participated in National Seminar** on Yoga Therapy and Neurological Disorder held by National Institute of mental health & Neurosciences, Bangalore in 02 Feb. 2007.
- **Presented the poster presentation** in 15th International conference in Vivekananda Yoga Anusandhana Samsthana, Bangalore in 16-19th Dec. 2005. Titled: Alteration in Random Event Measures associated with a Deep Relaxation Technique.
- **Presented the paper presentation** in 14th International conference in Vivekananda Yoga Anusandhana Samsthana, Bangalore in 18-21st Dec. 2003. Titled:

Efficacy of three different Integrated Yoga Module on Creativity in School Children.

National

- **Presented the paper presentation** in National Conference on Role of Yogis in Indian Independence Movement organised by Deptt. of Yogic science, GurukulKangadi University, Haridwar on 27-28th February 2023. Titled: Bhartiya Swatantrata Andolan main Yogi Swami VivekananadakiBhumika.
- **Presented the paper presentation** in National Seminar organised by Govt. Degree College Banbasa and Uttarakhand Open University, Haldwani on 27-28th August 2016. Titled: Yoga for Psycho-physiological Health.
- **Presented the paper presentation** in National Seminar organised by Department of Education, H.N.B.G. University, SrinagarGarhwal on 02-03rd March 2016. Titled: Relevance of Yoga Education in Modern Age.
- **Presented the paper presentation** in National Seminar organised by GurukulKangriVishwavidyalaya, Haridwar on 30-31th March 2015. Titled: Suryanamaskar: A Review Study.
- **Presented the paper presentation** in National Seminar organised by DevSanskritiVishwavidhyalaya and Indian Association of Yoga, Haridwar on 09-11th March 2015. Titled: The Concept of Psychosomatic Illness.
- **Participated in Workshop** Organised by Central Council for Research in Yoga & Naturopathy (CCRYN) in New Delhi on 11-13th Nov. 2014.
- **Participated** in 38th National Annual Conference of the Indian Association of Clinical Psychologists organised by the Child guidance center and department of Behavioral Science and Mental Health, Sahyadri Hospital, Pune in 27-29th January 2012

Research Papers:

1. Jaiswal G., **Thakur G.S.** Effect of Yogic Practices on Psychobiochemical Parameters in Girls with Cyclical Mastalgia: A Randomized Control Trial. *Asian Pacific Journal of Health Sciences*, 2021, 8(3), 131–136.
2. Jaiswal G., **Thakur G.S.** Effect of yogic intervention on quality of life in university girls with cyclical mastalgia. *Yoga Mimansa*, 2021, 53, 12-7.
3. Jaiswal G., **Thakur G.S.** An Alternative Yogic Approach for Cyclical Mastalgia- A Narrative Review. *J Family Med Prim Care*. 2021, 10 (2), 601-8.
4. Sharma L., Rathore S.K. &**Thakur G.S.** Role of Yoga in Adjustment problems of Deaf and Mute children. *Sambodhi*. (2020), 43(3), 19-23.
5. Jaiswal G. &**Thakur G.S.** Effect of Surya Namaskar on Mental and Physical Health on Females- A randomized control trail. *Our Heritage*, (2020), 68(30), 5139-5148.
6. **Thakur G.S.**, Sharma L., Joshi B.P. “Effect of Selected Balancing Asana on Attention and Concentration”. *International Journal of Adapted Physical Education & Yoga*. (2018), 3 (7), 22-26.
7. Bhogal R.S., **Thakur G.S.**, Shete S.U. “Differential impact of Shavasana and Meditation on Memory scores in healthy college students: A randomized controlled study”. *Yoga Mimansa*, (2016), 1 (48), 9-12
8. **Thakur G.S.** “Effect of Guided Relaxation technique on Memory Scale”. *European Journal of Biomedical and Pharmaceutical Sciences*, (2016), 1 (3), 178-182
9. **Thakur G.S.** “Role of Yoga in Psychological well-Being: A Review”. *Indian Streams Research Journal*. (2015), 5 (2) 1-4.
10. **Thakur G.S.** The concept of Yoga therapy according to panchakoshas: A Review. *Indian Journal of Applied Research*, (2015) 05 (06), 27-28, 3.62
11. Verma A, Shete S.U., **Thakur G.S.** et al., “The effect of Yoga Practices on Cognitive Development in Rural Residential School Children in India”. *National Journal of Laboratory Medicine*. (2014), 3(3), 15-19.
12. Verma A, Shete S.U., **Thakur G.S.** et al., “Effect of Yoga Practices on Micronutrient absorption and physical fitness in rural residential school children: A randomized controlled trail”. *International Journal of research in Ayurveda Pharm.* (2014), 5(2), 179-184.
13. **Thakur G.S.** “Yajna- A Vedic traditional technique for Empirical and Transcendental Achievements”. *Indian Streams Research Journal*. (2014), 4 (4) 1-4.
14. **Thakur G.S.** “Effect of Yoga Practices on Recalled Image Orientation”. *Variorum Multi-Disciplinary e-Research Journal*, 2013, 04(2): 1-8
15. Maheshananda, Swami, Bera, T. K, **Thakur, G.S.** et al, “Management of Suicidal Tendency Through Yoga Amongst Adolescent Students”. *Yoga Mimansa*, 2012, XLIV (3): 162-179
16. Shete, S., **Thakur, G.S.** & Kulkarni, D.D. “Residential Yoga and diet on lipid profile in police officers”. *International Research Journal on Pharmacy*, 2012, III (9): 155-158.
17. **Thakur, G.S.** “Suicidal tendency in adolescent students of India: A Survey Study”. *Yoga Mimansa*, 2012, XLIII (4): 265-274.
18. **Thakur, G.S.**, Shete, S. & Kulkarni, D.D. “Effect of yoga training on hand steadiness in school students”. *Yoga mimansa*, 2012, XLIII (4): 297-303.
19. **Thakur G.S.**, Nagendra H.R. & Nagarathna R. “REG investigation of the

consciousness field: Effects of an *Apthoryamayajña*". *Indian Journal of Traditional Knowledge*, 2012, Vol. 11 (2).

20. Shete, S, Kulkarni, D.D &Thakur, G.S. "Effect of yoga practices on Hs-CRP in Indian railway engine drivers of metropolis".*Recent Research in Science and Technology*, 2012, Vol. 3 (1).

21. Thakur, G.S, Kulkarni, D.D. & Pant, G. "Immediate effect of nostril breathing on memory performance" – *Indian Journal of physiology & Pharmacology*, 2011; 55 (1): 89-93.

22. Thakur, G.S, Shete, S. & Anita, V. "A short term Yoga Intervention on Occupational Stress and Quality of Sleep in KendriyaVidyalaya Teachers". *Yoga Mimansa*, 2011; XLIII (3), 205-215.

23. Thakur G.S. &Nagendra H.R. "An effect of Cyclic Meditation on Consciousness field as measured by REG". *Journal of scientific speculation and research*;2010; 1 (2), 16-27.

24. Thakur, G.S.&Pandey, S. "Yajna Concept of Vedic Scripture: An approach towards scientific understanding of Consciousness". *Yoga Mimansa*, 2010; XLI (4), 367-373.

25. Thakur G.S.,Nagendra H.R &Nagarathna R. "Effect of Deep Relaxation Technique on the capacity to influence REG- a randomized control trial". *Indian Journal of Traditional Knowledge* 2009; 8 (3): 459-463.

Book/BookChapter

1. Ghanshyam Singh Thakur (2014), The Changes in Consciousness field through Yoga Practices, AgnihotraYajna and Navaratri Festival, AsthaPrakashan, New Delhi, India .ISBN: 978-81-925445-7-1

Training

- **Attended the Training Technology for AYUSH faculty Members**organised by National Institute of Health and Family welfare and funded by AYUSH in 06-10th Feb. 2012.
- **Participated in Advance Training Programme on SPSS**organised by Department of Statistics, H.N.B.G. University on 30-31st January 2014.
- **Participated** in U.G.C. Sponsored **Orientation Programme** in L.N.I.P.E. Gwalior on 03-30th June 2014.
- **Participated** in U.G.C. Sponsored **Refresher CourseProgramme** in Punjabi University Patiala on 01-21th December 2015.
- **Participated** in U.G.C. Sponsored**RefresherCourse** inKumaun University, Nainital(Physical Education and Yoga) from 03/12/2019 to 16/12/2019.
- **One week online short team Faculty Development programme** on "Ethics Research Methodology and Applied SPSS from 27/01/2021 to 02/02/2021, under PNMMNMTT scheme of MHRD Govt. of India H.N.B. GarhwalUniversity , Srinagar ,GarhwalUttarakhand.
- **Online short term course** on Indian Culture from 04/10/2021 to 10/10/2021, under UGC New Delhi and HRDC, Gujrat University Ahmedabad.

