

Curriculum Vitae

Dr. Ajay Pal
(UGC NET., Ph.D.)

Correspondence Address:

Assistant Professor & Teacher In-charge
Department of Yoga,
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University of Haryana, Mahendergarh, Haryana -
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Education:

- **Ph.D., Yoga**, Department of Physiology, King George's Medical University UP Lucknow,.
Thesis: Effect of Yogic Practices on Cardiac autonomic and metabolic parameter in-
patients of Coronary Artery Diseases
- Qualified **UGC NET in Yoga**.
- **M.A., Human Consciousness & Yogic Sciences**, DSV Shantikunj, Hardwar, Uttarakhanda
Dissertation: Effect of Trataka on immediate memory in college going students
- **Bachelor of Tourism Administration**, University of Lucknow, Lucknow
Concentration: Computer Application & German and French as foreign languages

Teaching Experience: Total experience 9 years

- Working as **Assistant Professor (Yoga)** Central University of Haryana –Mahendragarh since August 2019 to till date.
- Worked as **Assistant Professor (Yoga)** Himalayan Garhwal University–Pauri Garhwal Uttarakhanda since January 2018 to August 2019.
- Worked as **Assistant Professor (Yoga Therapy)** Morarji Desai National Institute of Yoga New Delhi – 01 Since January 2015 to January 2018.
- **Senior Research Fellow**, 2007 – 2010
 - Department of AYUSH ministry of Health and Family welfare Govt. of India, (3 years)

Administrative Experience:

- Working as **Officer on Special Duty (OSD to Vice-chancellor)** Central University of Haryana –Mahendragarh since January 2021 to till date.

University Corporate Life:

- Member of committee constituted for "Brain storm session on improvement of Higher Education" under the chairmanship of Vice-chancellor, July 2021.
- Member of working group for encouragement of Hindi March 2021.
- Member of working group of Granth Academy under chairpersonship of Prof. Neelam Sangwan March 2021.
- Stage Management and Coordination of Stage Activities, minute to minute presentation, in SPANDAN 2021.
- Member of Literary club under chairmanship of Prof. Ranveer Singh 2021.
- Member of Students wellness and Psychological counseling cell 2021.
- In-charge of Yoga Trekking and Adventure Club 2021.
- Internal member of 'Taskforce to prepare a roadmap for implementation of National

- Education Policy (NEP)', 2020, since August 2020
- Member of a committee constituted for develop good quality videos of the University 2020.
 - Teacher In-charge Department of Yoga since January 2020.

Research Papers Published:

- Patanjali Yogasutra men varnit Ashtanga Yoga ki vartman jivan men samanyajan ke liye parasangikata, Tejender, **Ajay Pal**, Kala Sarovar, Vol.24 No. 02, April-June 2021.
- Effect of Yogic practices on psychological variables in female jail inmates – A randomized control trial, Manorama Nikhara, **Ajay Pal**, Recent research in social sciences & Humanities, Issue 2, Vol.:7, 9-14, 2020.
- Yogic intervention (Abhyas and Vairagya) for modern lifestyle disorders: A descriptive study, Manisha Vaid and **Dr. Ajay Pal**, Environment Conservation Journal, 20(SE):89-91, 2019.
- Effect of Yogic Shatkarma and Panchkarma in patients of sinusitis, RKS Yadav, Dr. AK Singh, **Dr. Ajay Pal**, Lokaprajna Journal of Indology, Volume XXVI, April 2019, Pages 101-119.
- Efficacy of Yoga nidra a unique mechanism for menstrual mayhem, Dr. Monika Rani and **Dr. Ajay Pal**, Lokaprajna Journal of Indology, Volume XXVI, April 2019, Pages 90-100.
- Effect of yogic intervention on autonomic nervous system in the patients of coronary artery disease, **Ajay Pal**, Neena Srivastava, V.S. Narain, G.G. Agrawal, Monika Rani, EMHJ Vol 19, No.5,452-458, 2013.
- Effect of Yogic practices on lipid profile and body fat composition in patients of coronary artery disease, **Ajay Pal**, Neena Srivastava, Sunita Tiwari N.S. Verma, V.S. Narain, G.G. Agrawal, S.M Natu, Kamakhya Kumar, Complementary Therapies in Medicine (2011) 19, 122—127.
- Effect of Yoga nidra on hematological variables in women of reproductive age group suffering from menstrual disturbances, Monika Rani, Uma Singh, Saraswati Kala, **Ajay Pal**, International Journal of Yoga and Allied Sciences, 2011, 58-67.
- To study the effect of yogic practices on lungs capacity in the college going students, Charu Gupta, Monika Rani, Dayananda Shinha, **Ajay Pal**, in the Journal of Physiology, published from Dept. of Physiology CSMMU UP Lucknow, India 2011.
- Effect of yogic practices on psychological parameters in patients of coronary artery diseases, **Ajay Pal**, V.S. Narain, Neena Srivastava, in the Journal of Physiology, published from Dept. of Physiology CSMMU UP Lucknow, India 2008.

- Effect of yogic practices on lipid profile in patients of coronary artery diseases, in Yoga Vijnana (The Science of Yoga), a quarterly journal of Morarji Desai National Institute of Yoga, **Ajay Pal**, Neena Srivastava, Sunita Tiwari N.S. Verma, V.S. Narain, G.G. Agrawal, S.M Natu, Kamakhya Kumar, Monika Rani, Volume –II Issue – 1 & 2 July – December 2008 page 30-40.

Invited Lectures:

- Delivered lecture in International Conference on ‘Yoga for success and technostress management’ organized by Swami Vivekananda University Sagar (MP) in Khajuraho from 16 to 18 November 2019.
- Delivered lecture in National Conference on Science, Yoga and Meditation: Changing Lifestyles organized by Graphic Era University Dehradun Uttarakhand from July 26-27 2019.
- Atmaram Sanatan Dharma College University of Delhi on “Yoga as preventive Medicine” in National Yoga fest June 2019.
- Indian Council of Social Science Research at the 21 June 2019
- Indian Council of Social Science Research at the 21 June 2018
- Indian Council of Social Science Research at the 21 June 2017
- RG PG college for graduates CCS University, Meerut UP 2018

Research Papers/Poster Presented:

- Participated in research article writing in ‘All India Research Writing Competition 2020’ organized by Siksha Sanskriti Utthan Nyasa.
- Effect of Yogic practices on lipid profile and body fat composition in patients of coronary artery disease, presented a poster in research showcase organized by CSM Medical University Lucknow UP on October 22, 2011.
- Effect of Yogic practices on adiponectin, plasma fibrinogen and glycosylated hemoglobin in patients of coronary artery disease, in national yoga week held in Morarji Desai National Institute of Yoga New Delhi, India on February 12 - 18, 2011 and got **second prize** for paper presentation.
- Effect of yogic practices on lipid profile in patients of coronary artery diseases, in national yoga week held in Morarji Desai National Institute of Yoga New Delhi, India on February 16 – 22, 2009 and got **second prize** for paper presentation.
- Effect of yogic practices on body fat composition in patients of coronary artery diseases, in national conference held in Dr. Hari sing Gaur University Sagour MP, India on January 30 – 31, 2009.
- Effect of yogic practices on autonomic nervous system in patients of coronary artery diseases, in national conference of APPI held in Kasturba Medical College Mangalore Karnataka India on December 28 – 30 2008.
- Effect of yogic practices on psychological parameters in patients of coronary artery diseases, in Yoga week held in Morarji Desai National Institute of Yoga New Delhi, India on March, 2008 and got **third prize** for paper presentation.

- To see the effect of Trataka on immediate memory in college going students, in Yoga week held in Morarji Desai National Institute of Yoga New Delhi, India on March, 2007.
- Effect of Yogic Practices on Coronary Artery Diseases, in International Seminar of Yoga and Naturopathy: A Potent Treatment System held in Lucknow 2005.

Seminars/Conferences attended:

- National Conference and Expo 'Sarthak EduVision 2021' was organized to discuss the implementation of the National Education Policy in Bhopal from 15th to 17th March 2021.
- International Conference on 'Yoga for success and technostress management' organized by Swami Vivekananda University Sagar (MP) in Khajuraho from 16 to 18 November 2019.
- National Conference on Science, Yoga and Meditation: Changing Lifestyles organized by Graphic Era University Dehradun Uttarakhand from July 26-27 2019.
- International conference on Yoga for Wellness organized by Ministry of AYUSH, New Delhi from 10 to 11 October 2017
- International conference on Yoga for Diabetes, organized by Central Council for Research in Yoga and Naturopathy, New Delhi from 4 to 6 January 2017.
- Capacity building Workshop and training program on Yogic management of Cancer, bronchial Asthma & stroke at WHO collaborating centre for traditional medicine (Yoga) from 28 to 30 November, 2016.
- International Yoga Fest, organized by Ministry of AYUSH, Govt. of India and Morarji Desai National Institute of Yoga New Delhi from 20 to 22 April, 2016.
- Co-chair person: National yoga week held in Morarji Desai National Institute of Yoga New Delhi, India on February 12 - 18, 2015.
- Yoga week held in Morarji Desai National Institute of Yoga New Delhi – February 2011.
- International festival of yoga, culture and spirituality held in Dev Sanskriti University, Haridwar, UK, India on March 08 – 13, 2010.
- Symposium on writing for publication, CSM Medical University Lucknow UP24th September 2009.
- National conference held in Dr. Hari singh Gaur University Sagaur MP, India on January 30 - 31 2009.
- National conference of APPI, held in Kasturba Medical College Mangalore Karnataka India on December 28 – 30 2008
- Yoga week held in Morarji Desai National Institute of Yoga New Delhi, India, March 2008
- Yoga week held in Morarji Desai National Institute of Yoga New Delhi, India, March 2007.
- International Seminar of Yoga and Naturopathy: A Potent Treatment System held in Lucknow, 2005.

Prize and Awards:

- **First Prize** for self written poem (Hindi) competition during Hindi Pakhwada in Central University of Haryana Mahendragarh October 2019.

- **Second prize** For research paper presentation in national yoga week held in Morarji Desai National Institute of Yoga New Delhi, India on February 12 - 18, 2011.

Webinar organized:

1. Need of Yoga education for Yoga therapy" by Dr. Kamakhya Kumar, Associate Professor, and Head, Department of Yoga, Uttarakhand Sanskrit University, Uttarakhand 14th May 2020,
2. "Relevance of Patanjali Yogasutra in daily life " by Dr. Arun Kumar Singh, Associate Professor, Department of Yoga, Himalayan Garhwal University Pauri Garhwal, Uttarakhand. 15th May 2020,
3. A Brief Introduction to the Hatha Yogic Tradition and Practices: A Historical Overview " Dr. Yatendra Dutt Amoli, Assistant Professor India China Yoga College, Yunnan Minzu University, Kunming (China). 16th May 2020,
4. Two systems of Patanjali Yogasutra - Kriya and Ashtanga Yoga and their efficacy " by Dr. Anuja Rawat, Associate Professor, Department of Yoga, Hemwati Nandan Bahuguna Garhwal University, Srinagar (Garhwal) Uttarakhand. 17th May 2020,
5. Efficacy of Shrimadbhagawadgita in the current scenario (Corona-virus Covid-19 pandemic) " on 31st May 2020 at 10:00 am to 5:00 pm. Dr. Ranvir Singh, Dr. Ishwar Bhardwaj, Dr. Ganesh Dutt Sharma, Dr. Surendra Kumar Tyagi, Dr. Sarswati Kala, Dr. Kamakhya Kumar, Dr. Suresh Lal Barnwal, Dr. Arun Kumar Sao, Dr. Satya Prakash Pathak, Dr. Anuja Rawat, Dr. Lara Sharma,
6. Relevance of Ashtanga Yoga in day to day life, Dr. Sanjay Kumar, Yoga Teacher of Indian Culture Swami Vivekananda Culture Center Consulate General of India Sao Paulo Brazil Dated 21st June 2020.
7. The role of Yogic practices in strengthening the immunity, Dr. Arun Kumar Sao, Dr. Asim Kulshrestha, 18 June 2021.
8. Integrative medicine perspective (Life style/Yoga Systems), Prof.(Dr.) G.D.Sharma, Dr. Ishwar N Acharya, 19 June 2021.
9. 'Universal Access to Vaccine & Medicines as a fight against Covid-19, Prof. N.S. Verma, Dept. of Physiology King George's Medical University Lucknow, Uttar Pradesh, Dr Rahul Taneja, IPR Cell, HSCST, Pankchula Haryana, 21 June 2021(11 am to 2 pm).
10. *Common Yogic practices for everyone*, Yoga Sadhak Shri Charat Nirban, 21 June 2021 (6 am to 9 am).
11. Development of Yoga from Mountain Caves to Business World, under Amrit Mahotsav of Azadi, Dr. K. Krishna Sharma, Prof (Dr.) Rajesh Raj, 3 July 2021.

Attended: As speaker

1. Physiology of Pranayama organized by Sahu Ramswarup Mahila Mahavidyalaya, MJP Rohilkhand University Bareilly UP 12th June 2020.
2. Pranayama for immunity buildup and fight against COVID-19. Organized by Navasari Agriculture University Navasari Gujrat on 14th June 2020
3. Yogic Solution To Mental Problems Arising During Corona Crisis & Lockdown Period, Department of Yogic Science Uttarakhand Sanskrit University, Haridwar, Date 9 and 10th May 2020
4. Hariyana Yoga Parishad, Yoga in Education dated 5th July 2020.
5. Significance of Yoga during COVID-19 pandemic. Organized by Navasari Agriculture University Navasari Gujrat on 16 June 2021.
6. Physiology of Yogic Shatkarma organized by Sahu Ramswarup Mahila Mahavidyalaya,

- MJP Rohilkhanda University Bareilly UP 09 May 2021.
7. COVID-19 pandemic: the holistic approach of Yoga towards promoting natural health and immunity by Maharaja Ganga Singh University 22 June 2021.
 8. Physiology of Kumbhaka organized by Chudhary Ranbir Singh University Jind Haryana 28 June 2021.
 9. Yoga therapy for COVID-19 management Maharishi Dayananda Saraswati University Ajmer, Rajasthan 7 June 2021.
 10. Yoga for consciousness organized by Shri Guru Ram Rai University Deharadun Uttarakhanda 5 June 2021.
 11. Yoga for cardiovascular disease organized by Vishwa Bharati University 19 June 2021.
 12. Yogic practices for circulatory system organized by Soban Singh Jina University Almora Uttarakhanda 13 June 2021.
 13. Role of Yoga in Holistic health during COVID-19 world pandemic organized by Soban Singh Jina University Almora Uttarakhanda 27 June 2021.

Attended: As Judge

1. 5 days Yoga Challenge from 17 to 21 June 2021, organized by National Service Scheme (NSS) Central University of Haryana.
2. Yoga Competition during inter house competition in School of Education, Central University of Haryana at 2:30 PM on 9th July 2021.

Attended: As participants

1. Indian Institute of Tourism and Travel Management Noida, Uncover Happiness Rewire Your Mind date 18th July 2020
2. Yoga Tradition and Human Health, Jain Vishva Bharati Institute of Ladnun Rajasthan, Dated 8th July 2020.

Faculty Development Programme:

1. Online Induction Training/Orientation Programme for Faculty in Universities/College/Institute of Higher Education, organised by Ramanujan College University of Delhi, 4th June to 1st July 2020. (One Month)
2. Online Faculty Development Programme on “Development and Delivery of MOOCs and E-content” Central University of Haryana and Deshbandhu College University of Delhi, 26th June to 1st July 2020. (One Week)

Date: July 10, 2021