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**Bio data of**

**Yogacharya Dr. Vishwas Vasant Mandlik**

**Ph. D. (Yoga & Distance Education)**



**Subject for the research:**

“Development and try out of the Instructional System for  
‘Yoga Pravesh’ course through Distance Education Mode.”

**University :**

Yashvantarao Chavan Maharashtra Open University (Nashik)

## **List of Research Papers**

### **1) Effect of maintenance of Asanas for longer duration, on Heart**

**Rate (H.R.) , Respiration rate (R.R) & Blood Pressure (B.P)**

Presented in the 3rd International Conference In Bangalore, India.  
Organized by Vivekanand Kendra Yoga Research Foundation Bangalore, India.  
And Published in the Souvenir in December 1995.

### **2) Effect of Omkar Chanting on Concentration, Memory & Level of Fatigue.**

Presented in the 5<sup>th</sup> International Conference in Bangalore, India.  
Organized by Vivekanand Kendra Yoga Research Foundation Bangalore, India.  
And published in the Souvenir in Decemebr 1999.

### **3) Effect of Shankha Prakshalana on Blood Pressure & Peristaltic Movement.**

Presented in the 5<sup>th</sup> International Conference In Bangalore, India.  
Organized by Vivekanand Kendra Yoga Research Foundation Bangalore, India.  
And Published in the Sourvenir in December 1999.

### **4) Effect of Jalandhar bandha on Blood Pressure.**

Presented in the 6<sup>th</sup> International Conference In Bangalore, India.  
Organized by Vivekanand Kendra Yoga Research Foundation Bangalore, India.  
And Published in the Souvenir in December 2001.

### **5) Effect of Yoga Nidra of EEG (Electro - Eccephalo - Graph)**

Presented in the 6<sup>th</sup> International Conference In Bangalore, India.  
Organized by Vivekanand Kendra Yoga Research Foundation Bangalore, India.  
And Published in the Souvenir in December 2001.

### **6) Effect of Yoga Training Package on Heart Patients,**

Presented in the 6<sup>th</sup> International Conference In Bangalore, India.  
Organized by Vivekanand Kendra Yoga Research Foundation Bangalore, India.  
And Published in the Souvenir in December 2001.

### **7) Effect of Audio Vidual Training for Yoga Teacher Training Programme.**

This paper was published in the International Yoga Research Journal  
“Yoga Mimansa” By Kaivalya Dhama, Lonawala, in April 2011 (Vol. XLIII  
Issue 1)

**8) Effect of Special Yogic Diet Programme on the weight reduction.**

**9) Effect of Special Yogic Programme on H.I.V. Patients.**

This paper was presented in the 6<sup>th</sup> International Conference at Kaivalyadhama Lonawala, India. It was published in the Souvenir in June 2010

**10) Effect of Special Yoga Programme - S.S.S. - on Obesity.**

This paper was presented in the 6<sup>th</sup> International Conference at Kaivalyadhama Lonawala, India. It was published in the Souvenir in June 2010

**11) Effect of Yoga Therapy on the blood pressure levels of the patients within 10 days.**

This paper was presented in the 6<sup>th</sup> International Conference at Kaivalyadhama Lonawala, India. It was published in the Souvenir in June 2010

**12) Effect of Yoga Therapy on the sugar level of diabetic patients within 10 days.**

This paper was presented in the 6<sup>th</sup> International Conference at Kaivalyadhama Lonawala, India. It was published in the Souvenir in June 2010

**13) Effect of Yoga Therapy on the patients of Slip Disc who were recommended the surgery.**

This paper was presented in the 6<sup>th</sup> International Conference at Kaivalyadhama Lonawala, India. It was published in the Souvenir in June 2010

**14) Effect of Surya Namaskar on the minimum muscular Fitness of school students.**

This paper was published in the research magazine “ Shikshanatil Marmadrushtri” in 2011 (Vol - III, Issue - 2)

**15) Effect of Surya Bhedan Pranayama on body temperature and Blood pressure**

## **Reorganization from Universities.**

### **I ) Kavikulaguru Kalidas Sanskrit University, Nagapur.**

I am appointed as a member of “Yogashsatra Abhyas Mandal” Yoga Courses of the University.

### **II ) Yashvantrao Chavan Maharashtra Open University, Nashik.**

- 1) I had been appointed as a member of Programme Advisory Committee for Designing the Diploma Course for Yoga Teacher
- 2) I was appointed as a chairman for the Varishtha Mulyamapan Samiti for conducting the examination for the approval of Yoga Councilors for the different Yoga centers.
- 3) I had written 4 Text Books for the Diploma course in Yoga Teaching which had been approved by the University.
- 4) I was appointed as a Yoga Expert in the committee for finalizing the Yoga Syllabus for M. Phil. Course in Physical Education.
- 5) I was appointed as the Paper Setter and the Examiner for the Yoga in the M. Phil Course.
- 6) I am a member of Academic council, Health Sciences of the University.

### **III ) North Maharashtra University, Jalgaon**

- 1) I was appointed as Yoga Expert for designing the Certificate and Diploma Course in Yogic Sciences.
- 2) The following Text Books written by me are approved by the University for these courses.
  - 1) Yoga Pravesh    2) Yoga Parichaya    3) Yoga Shikshak

### **IV ) Maharashtra University of Health Sciences, Nashik.**

- 1) I was appointed as a member for committee for designing the courses of Yoga And Naturopathy as follows.
  - a. Certificate course in Yoga & Naturopathy
  - b. Diploma course in Yoga & Naturopathy
  - c. Degree course in Yoga & Naturopathy
  - d. Post Graduate Diploma course in Yoga & Naturopathy
- 2) I was appointed as a member of Study Group For approving the same courses on Yoga & Naturopathy.
- 3) I was the member of the Disaster Management Committee of the University.

## **Development of Instructional system for following:-**

- ✓ An exclusive curriculum is designed for students of all age groups.  
(1)Yoga Sanjeevan, (2) Yoga Sopan, (3) Yoga Pravesh, (4) Yoga Parichya,  
(5) Yoga Prabodh, (6) Yoga Pravie, (7) Yoga Pandit.
- ✓ An exclusive curriculum is designed for Yoga Teachings  
(1)Yoga Shikshak, (2) Yoga Adhyapak, (3) Yoga Prdhyapak
- ✓ Separate Yoga programmes for those suffering from different health problems and diseases.
- ✓ Courses for Different Professionals.

## **Teaching Experience in the field of Yoga**

I am working as Yoga Teacher on different levels in Yoga Vidya Gurukul since 1962 till today. The organization had conducted following Yoga Courses as follows

Certificate course in Yoga --	Total Students participated 4,50,000
Diploma course in Yoga ---	Total Students participated 19500
Yoga Prabodh, Pravin ---	Total Students participated 1300
Yoga Pandit --	Total Students participated 290
Yoga Teacher Training Course --	Students participated 10,000
Yoga Adhyapak---	Total Students participated 760
Yoga Pradhyapak --	Total Students participated 180

### **I had designed and conducted the T.O.T. Courses as follows**

For (1) Yoga Teacher (2) Yoga Adhyapak and (3) Yoga Pradhyapak  
Training for Examiners for following courses of Yoga Training.

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|-----------------|-------------------|-----------------|
| 1) Yoga Pravesh | 2) Yoga Parichaya | 3) Yoga Prabodh |
| 4) Yoga Praveen | 5) Yoga Pandit    |                 |

Training for Examiners for following courses of Teacher Training.

- 1) Yoga Shikshak                      2) Yoga Adhyapak    3) Yoga Pradhyapak

Training for Teachers at all levels of above courses

### **Yoga Institutionas Established:**

- Started Yoga Vidya Dam Nashik in 1978
- Started Yoga Chintan (A periodical magazine on Yoga.) from 1979
- Started Yoga Vidya Gurukul in Nashik, India. from 1983
- Started Yoga Chaitanya Seva Pratishthan - A trust to help propagation of Yoga in remote part of India (1994)
- Started Yoga Chaitanya Sadhana Charitable Trust in 2009

### **Achievements:**

- ✓ Expanded the network of Yoga Vidya Dham to more than 200 cities in India and 4 cities outside India. ( Singapore, Thailand, Indonesia, Kazakhasthan )
- ✓ Successfully treated more than 30,000 patients suffering from various diseases in our Therapy centre.( Arogyadham Nisargopachar Kendra.)
- ✓ Presented more than 15 research papers in different International Yoga Conferences
- ✓ Established Yoga Vidya Gurukul in 1983 at Nashik.
- ✓ Yoga Vidya Gurukul runs a well-equipped, 25 bedded Yoga & Naturopathy treatment center since 15 Years.
- ✓ Thousands of people work honorary at Yoga Vidya Gurukul to support this great yoga movement.
- ✓ Courses are conducted at different levels, Yoga Bindu, Yoga Sopan, Yoga Pravesh, Yoga Parichaya, Yoga Prabodh, Yoga Praveen, Yoga Pandit, Yoga Teacher, Yoga Adhyapak and Yoga Pradhyapak.

## **Awards and Reorganizations from Social Organizations**

- Awards on national level in competitive rowing, boating.
- Won the prestigious "Senior Championship" in 1965 in College of Engineering, pune.
- Outstanding Citizen award by Jaients Club Nashik in 1988
- Lifetime Achievement Award by K.L.Monot Amrutmahotsava Samiti. Pune in 1992
- Saraswati Award by Kailas Math Nasik in 1993
- Ideal Yoga Teacher by Rotary Club Nashik in 1996
- Yashvant Award by Shri Sadguru Trust Nashik in 2002
- Nashik Gourava by C \_ News Nashik in 2003
- Yogacharya Award by Paramahans Niranjananand Saraswati in 2003
- Yoga Ratna Award by Patanjali Yoga Kendra, Sangali in 2005
- Naturopathy Awaed by International Naturopathy Organization New Delhi in 2005
- Anubandhi award Shiva Parvati Trust Nashik in 2005
- Nashik Bhushan.by Rotary Club Nashik in 2005
- Loka Kalyan Award by Nashik Municipal Corporation in 2006
- Sanman Pater by Ghantali Mitra Mandal, Thane in 2006
- Rushi DharmaJyoti By Paramahans Niranjananand Saraswati in 2006
- Sanman Patra Nashik Dist. Yoga Association in 2006
- Yoga Gourava Award by L.Y.Patil Trust Hupari, Kolhapur in 2007
- Dadhichi Award by Education Society Ambarnath in 2007



❖ **Brief history of the mission:**

I, Vishwas Vasant Mandlik Born in the holy city of Nasik, & completed my graduation from University of Pune in Electrical engineering. I am proud of being an Alumni of Government College of Engineering Pune, one of the oldest technical institute in India. During the college days, I won some challenging awards at national level championship in rowing, boating. I also won the prestigious "Senior Championship" in boating events in 1965.

I have started my career as a Engineer in Volta's Transformers Ltd., a Multinational Company in Pune. After working there for 12 years eventually, I have started my own business of Manufacturing Electrical Distribution Transformers and Industrial Equipments in Nasik in 1978, expanding it to Pune and Aurangabad in next couple of years. While looking after my own business, I have started Yoga Vidya Dham in 1978, utilizing the morning and evening hours for the noble cause of Yoga Education.

I was retired from my business in 1995, adopting Yoga Education as a mission of my life . Today Yoga Vidya Dham is one of the big Yoga Institutes in India, working as a Non Profit Organization having 150 branches in Maharashtra alone, 8 in Karnataka, 7 in Eastern part of India and now exploring abroad in countries viz .US, UK, Italy, Hong Kong, Australia, Ireland etc.We had trained more than 3,000 Yoga Teachers from different countries abroad.

More than 4,50,000 people have completed basic course on Yoga entitled Yoga Pravesh until today & more than 10,000 Yoga teachers trained in the Institute are working all over India & the conducting classes with confidence and comfort.

I have pleased to author 40 books and over 300 audio cassettes, 2 soft wares on Yoga Education, applications of Yoga, Yoga as a Therapy, Yoga for Kids, Women etc. I am also shouldering the responsibility of Editor of monthly periodical on Yoga entitled "Yoga Sugandha" since last 30 years.

Presently I am shouldering the responsibility of President of Yoga Vidya Gurukul (Yoga University). Using Yoga Therapy I have treated more than 30000 Patients suffering from various chronic diseases like Back ache, slip disc, spondilitis, asthma, diabetes, heart problems, arthritis, hypertension, blood pressure, digestive disorders, psychosomatic disorders and many more through Yoga therapy centers in Nasik and other cities. Today Yoga Vidya Dham successfully running two Indoor Centers in Nasik alone.( With 50 & 25 Beds.)

I am also conducting various courses, lectures, workshops on stress management, yoga therapy etc all over India.

I feel , the true recognition of my work came when Paramacharya (Chancellor) of Bihar Yoga Bharati (First Yoga University in the World) Paramhansa Niranjananda Saraswati honored me with the title "Yogacharya" means Best Yoga Teacher or Guru of Yoga in 2002 and on 6<sup>th</sup> march 2007 Paramhansa Niranjananda Saraswati of Bihar Yoga, initiated myself as Rushi Sannayasa (part of higher sannayasa tradition) and gave new name "Rushi DharmaJyoti".

I am totally devoting my life in promotion & propagation of Yoga.

## **Details of Books Published**

<b>S.N.</b>	<b>Title of Book</b>	<b>Publisher</b>	<b>N0. of Editions</b>	<b>No. of Copies Published</b>
1	Yoga Pravesh	YogaChaitanya Prakashana	16 Editions	80,000
2	Yoga Parichaya	-- do --	9 Editions	34,000
3	Yoga Shikshak	-- do --	5 Editions	5,000
4	Yoga Sopan	-- do --	4 Editions	6,000
5	Yoga Nidra	-- do --	3 Editions	5,000
6	Yoga Bindu	-- do --	3 Editions	4,000
7	Antastravi Granthi	-- do --	3 Editions	3,000
8	Nisargachi Saad	-- do --	4 Editons	4,000
9	Yogopachar	-- do --	3 Editions	4,000
10	Yama- Niyama	-- do --	2 Editions	2,000
11	Yogasana	-- do --	2 Editions	2,000
12	Pranayama	-- do --	2 Editions	2,000
13	Antarang Yoga	-- do --	2 Editions	2,000
14	Manahswastha & Yoga	-- do --	2 Editions	2,000
15	Vidnyan & Yoga	-- do --	2 Editions	2,000
16	Ashthang Yogadarshan	-- do --	1 Edition	2,000
17	One Act Play On Yoga	-- do --	2 Editions	2,000
18	Yoga Siddhant	-- do --	2 Editions	2,000
19	Yogabhyas	-- do --	2 Editions	2,000
20	Shareer Shashtra	-- do --	2 Editions	2,000
21	Yogashikshak	-- do --	2 Editions	2,000
22	Muktachintan	-- do --	2 Editions	2,000
23	Research Methods	-- do --	2 Editions	2,000
24	Hath Yogic Shuddhikriya	-- do --	3 Editions	6000
25	Vikasachi Sadhana	-- do --	3 Editions	6000

## **Details of Audio Cassette Released**

<b>S.N.</b>	<b>Title of Cassette</b>	<b>Agency</b>	<b>Year of Release</b>	<b>No. of Copies Released</b>
<b>1</b>	<b>Yoga Nidra -- 20 Types</b>	<b>Yoga Chaitanya Prakashana</b>	<b>From 1985 onwards</b>	<b>30,000</b>
<b>2</b>	<b>Practical Yoga Study for different Courses 45 Types</b>	<b>-- do --</b>	<b>From 1987 onwards</b>	<b>24,000</b>
<b>3</b>	<b>Yoga Lectures on different subjects of all courses 125 Types</b>	<b>-- do --</b>	<b>From 1985 onwards</b>	<b>16,000</b>
<b>4</b>	<b>Lectures for propagation of Yoga 60 Types</b>	<b>-- do --</b>	<b>From 1990 onwards</b>	<b>1,100</b>
<b>5</b>	<b>For Training of Trainers 45 Types</b>	<b>-- do --</b>	<b>From 1990 onwards</b>	<b>850</b>

## **Details of software developed**

### **I) "Yoga - A Way of Life"**

Developed with "Silverline Industries Ltd. Andheri, Mumbai."

### **II) "Stress Management Through Yoga"**

Developed with "Vishwamitra Systems Pvt. Ltd."

## **Details of Periodicals :**

Editor of Yog-Sugandha monthly , since 30 Years published by  
Yoga Vidya Gurukul, Nashik & nearly 2200 subscriber in India & Abroad  
being published in Marathi language