Aditya Angiras 

Associate Professor

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| Phone: (91)(941)718 8202 (M)  [angiras@pu.ac.in](mailto:angiras@pu.ac.in); [angiras0001@gmail.com](mailto:angiras0001@gmail.com) | Deptt. Of VVBIS & IS  (Panjab University, Chandigarh)  Sadhu Ashram  Una Road  Hoshiarpur Web Page Id.: <https://vvbisis.puchd.ac.in/show-biodata.php?qstrempid=2287&qstrempdesigcode=10> |

# Education

**PhD Panjab University, Chandigarh** **May 1993**

In the faculty of Languages

**MLibSc Panjab University, Chandigarh May 1988**

**MA (Hindi) Panjab University, Chandigarh May 1987**

**BA (Hons)\* Panjab University, Chandigarh** **May 1984**

Hons. Graduate in Sanskrit

Minored in Hindi

# Honors and Awards

**BA (Hons. in Sanskrit)** 1984

Hons. Topper in the University

Topped in Sanskrit Elective 1981

# Research Experience

1. Submitted eight Research papers on the topic Means of preservation of Knowledge in ancient India at Deptt. Of Library & Information Science, Charles University, Prague Czech Republic in 1991
2. Attended two interactive session of Boolean Search techniques at the Deptt. Of Library & Information Science, Red Cliff Library, Oxford University, Oxford, UK in 1991

# Teaching Experience

I have been teaching Hindi to Shastri Classes (Specialized Graduation Program in Sanskrit) since 2005 and five researchers have obtained their Doctorate degree under my supervision. Five other researchers are registered under my supervision in the department of Hindi, Panjab University, Chandigarh. (details can be furnished on requet)

**Deptt. of VVBIS & IS (PU) Sadhu Ashram Hoshiarpur** Nov. 2005 to 2017

**Assistant Professor**

* Engaged in teaching Hindi at Prak Shastri & Shastri Students, an undergraduate course, covering Middle Aged Hindi literature including poetry prose, :
* Have been Developing exams, and homework
* Have Revised the syllabus to meet accreditation standards
* Have Coordinated grading and labs with a departmental team

**Deptt. of VVBIS & IS (PU) Sadhu Ashram Hoshiarpur** Nov. 2017 to Till date

**Associate Professor**

* Engaged in teaching Hindi at Prak Shastri & Shastri Students, an undergraduate course, covering Middle Aged Hindi literature including poetry prose, :
* Have been Developing exams, and homework
* Have Revised the syllabus to meet accreditation standards
* Have Coordinated grading and labs with a departmental team

# Publications

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## E-Books

1. Anthology: A collection of Research Papers, Amazon Asia-Pacific Holdings Private Limited, 2018. ISBN 978-1726650588

2. Reading in Human Rights: Amazon Asia-Pacific Holdings Private Limited, 2019, ASIN: B081LJ78N1

3. Ideas & Insights Amazon Asia-Pacific Holdings Private Limited ASIN: B07ZTBCHYB

## Some of the prominent Journal Publications

**List of Research papers published at international platform**

1. Aditya Angiras: ETHICS IN UPANISHADS: 8-10 September 2014- Istanbul, Turkey Proceedings of SOCIOINT14- International Conference on Social Sciences and Humanities Istanbul, Turkey
2. Aditya Angiras: The Upanishads in the light of Humanity: Thai Prajna: International Journal of Indology & Culture: Vol.III, Schapkorn University, Bangkok, Thailand
3. Angiras, Aditya The Upanishadic polity: Some Speculations in NJHSR 2015; 1(1): 24-29, New Delhi, India available at <https://sanskritarticle.com/wp-content/uploads/5-1-Dr.Aditya.Angiras.pdf>
4. Angiras, Aditya “Counselling in an Ancient Hindu text: A case for CBT in the Sri Madbhagavad Gita focusing on Arjuna’s distress,” The European Journal of Social & Behavioural Sciences 28(2):3170-3177, DOI: 10.15405/ejsbs.276 vol. 1, no. 3, 2008, pp. 503-509. April 2020 (Online) UK
5. Angiras, Aditya Caricature of Ethics in the Poetry of Kabir, Linguistics and Literature Studies Vol. 7(2), pp. 64 – 70 DOI: 10.13189/lls.2019.070204 (Online) USA
6. Angiras Aditya “श्रीमद्भगवद्गीता में संज्ञानात्मक व्यवहार ...,” Published at Amestel Ganga,. Amsterdam November 3, 2017 (Online) Holland
7. Angiras Aditya: Rishi Angirasa and his contribution to Indian Literature Veda Vidya Ujjain Vol. 26 July-December 2015 ISSN-2230-8962 at [https://msrvvp.ac.in/ved- vidya/26/26\_Eng.\_Aditya\_Anguras\_26.pdf](https://msrvvp.ac.in/ved-%20vidya/26/26_Eng._Aditya_Anguras_26.pdf) (Online) India
8. Angiras, Aditya The Upanishadic polity Page 24-30, Purva Mimansa Ambala Cantt, India March-September 2016
9. Angiras, Aditya The Humanity of Upanishads Proceedings of International Conference, Madras University, Chennai December 2016
10. Managing Emotional Distress through Yoga Sutra in MAZEDAN INTERNATIONAL JOURNAL OF MEDICAL RESEARCH Volume No, Volume 3 (Issue 2) in May 2022 e-ISSN: 2583-097X, DOI No. MIJMR0302001 at <https://mdl.mazedan.com/search_details.php?id=1707> Pakistan
11. Aditya Angiras: The Upanishadic theory of Action: Volume 12, Number 5 Sept-October 2022, Serial Number 110, US- China Education Review B (ISSN 2161 6248, David Publisher, USA. DOI 10.17265/21616248/2022.05.002 at http;//wwwddavidpublisher.com/public/uploads/contribut/63ae48b444ae0.pdf USA
12. Aditya Angiras: श्रीमद्भगवद्गीता का कर्मयोग सिद्धान्त….” published in Setu Magazine, Pittsburg, USA in annual issue of 2017 USA

Besides, there are approximately 100 other research papers paper which were published in different Inndological Journals namely VIJ (Indological Journal being published from Panjab University, Vishva Jyoti (The first publication from Punjab in Hindi language and literature) and other local journals. Two papers are being attached herewith as a writing samples one being in English and other in Hindi. Currently working on approach of Patanjal Yoga to EDM (Emotional Distress Management) & MPD (Multiple personality Disorder).

## Prominent Conference Papers

Angiras Aditya: “The Upanishads in the Light of Humanity,”: Proceedings of World Congress on Interrelationship among Arts, Culture, Humanities, Religion, Education, Ethics, Philosophy, Spirituality, Science and Society for Holistic Humane Development, New Delhi

1. Ethic in Upanishads <http://www.ocerints.org/Socioint14_e-publication/abstracts/a31.pdf>, Istanbul, Turkey, 2014

2. Theory of Action: ICSSAM, organized by Higher Education Forum Osaka, 2019

3. Problem of DBT as seen in SriMadBhagavadGeeta: Austrian Society for Reproductive Medicine and Endocrinology (Austro German Society, Austria), Kathmandu , Nepal 20194\

4. Managing Emotional Distress through Yoga Sutra in MAZEDAN INTERNATIONAL JOURNAL OF MEDICAL RESEARCH Volume No, Volume 3 (Issue 2) in May 2022 e-ISSN: 2583-097X, DOI No. MIJMR0302001 at <https://mdl.mazedan.com/search_details.php?id=1707> Lahore/Delhi (Pakistan/India)

5. Treating Anxiety and Depression Through Ayurveda Based Yoga in International Conference on Traditional Medicine, Ethnomedicine, organized By LongDom Group SA and Journal of Plant Pathology & Microbiology & Aromatic Plant and Journal of Plan Biochemistry, Brussels

## Conference Papers Reviewed

[http://www.iiis-spring18.org/](http://www.iiis-spring18.org/icsit/reviewers.asp) Orlando, Florida, USA

<http://www.iiis-spring19.org/> Orlando, Florida, USA

<http://www.iiis-spring20.org/> Orlando, Florida, USA (latest evaluated)

1. Determinants of health information technology adoption: Comparative analysis of four countries

2. What Communications and Media in the Internet Age Create: Information or Values? Looking at the Processes of Media and Communication Development in the Former Soviet Union Countries

# Presentations and Invited Lectures

**Paper Presentation**, Around 200 papers were presented at various national and regional Conferences at various places across India

**Workshops Organized**, “

1. Organized“Sanskrit aur Madhyakaaleen Hindi Sahitya ke antahsambandh” seminar at Deptt. Of VVBIS, Sadhu Ashram, Hoshiarpur in 2012.
2. “Maharshi Vishvamitra national Vaidic Workshop cum seminar” at Deptt. Of VVBIS, Sadhu Ashram, Hoshiarpur in 2016.
3. “Maharshi Vishvamitra national Vaidic workshop cum seminar” seminar at Deptt. Of VVBIS, Sadhu Ashram, Hoshiarpur in 2017.
4. “Maharshi Vishvamitra national Vaidic workshop cum seminar at Deptt. Of VVBIS, Sadhu Ashram, Hoshiarpur in 2018.

**Keynote Presentation:**

Key Note speaker in various seminars organized by Deptt. of Sanskrit, SD College, Ambala Cantt. India during 2015-18

# Professional Training

**Manuscript Mission India, Delhi**

Attended seven days’ workshop on manuscript ology organized by NMM, New Delhi in 2011

**Refresher Courses**

Three Refresher Courses organized by Academic Staff College, Panjab University, Chandigarh in 2009, 2011 and 2015 in the field of languages.

# Administrative responsibilities

Chairmanship, Deptt of VVBIS & IS (Panjab University, Chandigarh) sadhu ashram, hoshiarpur FROM 2016-2019

mEMBER, rdc (rESEARCH DEGREE COUNCIL) IN sASNKRIT 2013-15 PANJAB UNIVERSITY, CHANDIGARH

MEMBER, RDC (RESEARCH DEGREE COUNCIL) IN HINDI 2007- PANJAB UNIVERSITY, CHANDIGARH

Member, Academic Council, Panjab University 2016 -2019 PANJAB UNIVERSITY, CHANDIGARH

Member Post Grad Board of Studies in Sanskrit 2916-2019 PANJAB UNIVERSITY, CHANDIGARH

Member Grad. Board of Studies in Sanskrit, 2016-202024 PANJAB UNIVERSITY, CHANDIGARH

# Member Post Grad. Board of Studies in Hindi, 2007- PANJAB UNIVERSITY, CHANDIGARH

# Member Grad. Board of Studies in Hindi, 2007- PANJAB UNIVERSITY, CHANDIGARH

# Professional Service

**Peer-Reviewed Articles for**:

* Vishveshwaranand Indological Journal, Sadhu Ashram, Hoshiarpur (Panjab University Publication)
* Hindi & Sanskrit Journals, New Delhi
* International Journal of Psychiatry and Consulting, New York, USA
* London Journals Press, Theale UK
* Higher Education Forum, Tokyo, Japan

# Community Service

**Hindi & Sanskrit Journals**

Editor, Hindi & Sanskrit Journals, New Delhi since 2012

**LONDON JOURNALS**

Honorary Rosalind Member for London Journals Press, Theale UK Since 2019

# Languages

**Hindi:** Native Language

**Sanskrit:** Native Language

**Punjabi:** Native Language

**English:** Native Language

**German**: Intermediate Listener, Novice Speaker

# Computer Skills

**Programming**: Foxbase IV,

**Applications**: MS Word, MS Excel WordPad etc.

**Platforms**: DOS, Windows

# Other

Interests/Hobbies: Homeopathic system of medicine,

# Personal

Date of Birth Citizenship Address for communication

September 17, 1965 Indian Residential:

1605, Sector 44B, Chandigarh. India

Tel. (91)(172) 2600 041 (R)

(91) (941)718 8202 (M)

Works:

Deptt. of VVBIS & IS

(Panjab University, Chandigarh)

Sadhu Ashram, Una Road

Hoshiarpur

(91)(1882) 221 002

(Aditya Angiras)