

Curriculum Vitae

Rama Arya

DOB: 15th August, 1990

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Profile

I am currently pursuing PhD in Yoga from Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah. My research is on investigating how Mind-Body Typology (Prakṛti) influences cardiac autonomic responses during practice of various Nāḍīśodhana Prāṇāyāmas. I have experience of administering Yoga protocols (involving Āsana, Prāṇāyāma, Dhyāna & Kriyā) on human subjects and measuring & analysing psychophysiological biomarkers of those practices. I am an avid seeker of the knowledge and insights in the corpus of original Yogic texts from the Hatha-Rāja Yoga traditions, integrating classical insights with scientific perspectives. I am also deeply interested in allied textual traditions such as Āgama, Vedānta and Tantra, with a focus on their convergence with Yoga and mind-body harmony.

Education

| Degree | Institute Name | Subjects | Year | % |
|--|------------------|--------------------|------|------|
| Doctor of Philosophy | RKMVERI, Howrah | Yoga | - | - |
| NET - JRF | UGC, New Delhi | Yoga | 2022 | 69.0 |
| Master of Philosophy | RKMVERI, Howrah | Yoga | 2022 | 77.0 |
| Master Diploma in Panchagavya Therapy | BSS, Chennai | Panchagavya | 2018 | 78.4 |
| Master of Arts | UOU, Haldwani | Yoga | 2017 | 67.0 |
| Diploma in Ayurveda Medical Science | BSS, Chennai | Ayurveda | 2017 | 88.4 |
| Diploma in Naturopathy & Yogic Science | ABPCP, New Delhi | Naturopathy & Yoga | 2016 | 70.3 |
| Post Graduate Diploma | DSVV, Haridwar | Yoga | 2015 | 75.1 |
| Bachelors of Science | DSVV, Haridwar | CS, Maths & Psycho | 2014 | 61.3 |
| Senior Secondary Examination | Rajasthan Board | PCM | 2010 | 58.2 |

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| Secondary Examination | Gujarat Board | - | 2006 | 88.4 |
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Research Interests

- Psychophysiological effects of Pranayama and Kumbhaka
- Integration of Yoga, and Ayurveda
- Mind-Body Typology (Prakṛti) and its biomedical correlates
- Preventive, purificative and lifestyle medicine
- Hatha Yoga, Patanjali Yoga

Research Experience

| Detail | Part of Degree | Status |
|---|----------------|-----------|
| Effect of various Yogic Breathing Techniques on Cardiac Autonomic Functions: A Transdiagnostic Study on Healthy Adults with different Body-Mind Prakṛti | PhD (Yoga) | Ongoing |
| A Systematic Review on <i>Pancakarma</i> Based <i>Āyurveda</i> Treatment in Knee Osteoarthritis (<i>Jānu Saṃdhigata Vāta</i>) | MPhil (Yoga) | Completed |

Clinical Experience

| Detail | Duration |
|--|-------------------------|
| Administered therapeutic Yoga, Naturopathy and Panchakarma at 'Adiyogi Arogyam - A Holistic Healthcare Station' at Faridabad, Haryana, India | 01/01/2017 - 30/06/2019 |

Publication

| Paper Title | Status | Journal | Issue Info |
|---|-----------|---------|------------|
| Kanda, Nādī and Nādīśodhana : Perspectives from Yoga, Vedānta and Tantra | Submitted | - | - |
| Mapping Tridoṣa Prakṛti to Anthropometric Somatotype and Body Composition: A Cross-sectional Study | Submitted | - | - |
| The Brief Prakriti Inventory: Latent Structure, Reliability, and Validity in an Indian Community Sample | Accepted | - | - |

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| A Systematic Review on Pañcakarma Based Āyurveda Treatment in Knee Osteoarthritis (Jānu Saṃdhigata Vāta) | Published | International Journal of Ayurvedic Medicine | Vol 14 (1), 2023; 29-41 ISSN No: 0976-5921 |
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Paper Presentation

| Paper Title | Program Detail | Date |
|---|--|------------|
| Perspectives on and Practices of Nādī Śodhana in Yogic Literature | ICPR Sponsored One Day International Seminar on Psycho-physiological Analysis of Yogic Practices : Ancient and Modern Perspectives organised by Department of Sanskrit and NSS Unit 2, University of Gour Banga, Malda | 30/07/2025 |
| Effect of various Yogic Breathing Techniques on Cardiac Autonomic Functions: A Transdiagnostic Study on Healthy Adults with different Body-Mind Prakṛti | Departmental Research Colloquium at Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah | 23/12/2024 |
| Science of Kumbhaka | Departmental Research Colloquium at Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah | 15/05/2024 |
| Comparative Treatment Outcomes of Knee Osteoarthritis using Ayurveda: A Systematic Review | National Youth Conference on Indian Knowledge Systems 2023 as a part of G-20 University Connect Program organised by Indian Institute of Technology, Roorkee and IKS division at AICTE, Ministry of Education | 25/08/2023 |
| EEG Signatures Change During Unilateral Yogi Nasal Breathing by Niazi et al. | Departmental Research Colloquium at Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah | 11/08/2023 |
| Interconnectedness of causes of suffering Sāmkhya, Yoga and Āyurveda | National Yoga Conference on Yoga Sastra jointly organised by Vivekananda Rock Memorial, Vivekananda Kendra, Kanyakumari and Centre for Yoga and Naturopathy, Mahatma Gandhi University, Kerala | 26/02/2022 |

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| The concept of <i>Ahāra</i> : An Ayurvedic and Yogic Perspective | Two Days National Seminar on ‘Role of Yoga in Modern Age Problems’ organised by Yoga Centre, Mohanlal Sukhadia University, Udaipur | 16/07/2021 |
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Teaching Experience

| Institute Name | Designation | Duration |
|--|---------------------------|-------------------------|
| Choudhary Balaram Memorial Secondary School, Hanumangarh, Rajasthan | Yoga Teacher | 25/07/2015 - 24/07/2017 |
| Vishwa Yog Bharti, Education & Holistic Welfare Society, Sri Ganganagar, Rajasthan | Yoga & Naturopathy Expert | 01/08/2017 - 13/12/2018 |

Trainings/Workshops

| Detail | Department/Institute/Place | Duration |
|--|--|-------------------------------|
| Learning Vyasa’s Commentary of Patanjali Yoga Sutra | Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah | Ongoing |
| Completed a UGC-MMTTP Short Term Course on Indian Knowledge System for Research Scholars of All Subjects | UGC Malviya Mission Teacher Training Centre, Banaras Hindu University, Varanasi | 04/02/2025 - 09/02/2025 |
| Completed a NPTEL+ workshop on “Clinical Neurophysiology Techniques : EEG” Research Scholars of All Subjects | Indian Institute of Technology, Madras through SWAYAM | 15/03/2025 - 16/03/2025 |
| Attended a One Week National Level Short Term Course on ‘Traditional and Philosophical Aspects of Yoga’ | Department of Physical Education, Jadavpur University, Jadavpur | 23/11/2024 - 02/12/2024 |
| Participated in ‘Bharat Yoga Mala and National Seminar on Science of Yoga’ | Kaivalyadhama, Lonawala and Department of Yogic Art Science, Viswa Bharti University, Santiniketan | 26/05/2024 |
| Attended a 2-Days Online National Research Workshop on ‘Ethical Use of Generative AI as a Research/Academic Writing Assistant’ | eSupport for Research and Directorate of Research, Sikkim Manipal University, Gangtok | 11/03/2024 - 12/03/2024 |
| Attended an international workshop on topic ‘Sun Worship and Resurgence of Bharat’ | Sri Kanchikamakotipeetha and Jammu-Kashmir Mandir Vikasa Samiti | 23/09/2023 - 24/09/2023 |

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|---|---|-------------------------------|
| Attended a fifteen days seminar on ‘Science of Pranayama’ | Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah | 01/06/2023 - 15/06/2023 |
| Completed a three month Departmental Observership-cum-Training under Dr. Hemant Bhargav | Department of Integrative Medicine, National Institute of Mental Health and Neuro Sciences, Bengaluru | 02/01/2023 - 23/03/2022 |
| Completed one month course titled ‘Basic Course in Yoga for Mental Health’ | Department of Integrative Medicine, National Institute of Mental Health and Neuro Sciences, Bengaluru | 01/02/2023 - 28/02/2023 |
| Completed a one month course titled ‘Primer on Tobacco Cessation’ | Department of Psychiatry, National Institute of Mental Health and Neuro Sciences, Bengaluru | 25/01/2023 - 24/02/2023 |

Talk Delivered

| Topic | Event Detail | Duration |
|--|--|------------|
| Delivered a talk on ‘Ayurvedic Yoga Therapy’ at the 3-day Yoga camp | Three Days Yoga Camp organised by Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah in collaboration with the Manipur University, Imphal | 05/04/2025 |
| Delivered a talk on ‘Pranayama techniques to live longer’ at the 3-day Yoga camp | Three Days Yoga Camp organised by Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah in collaboration with the Manipur University, Imphal | 03/04/2025 |
| Delivered a talk on “How to Breathe to Live Longer: An Ayurveda & Yoga View” at two-day Yoga camp | Two Days Yoga Camp organised by Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah in collaboration with the Indian Institute of Management, Ranchi | 09/02/2025 |
| Delivered a talk on ‘Yogasana Capsule for Digestive Disorders’ | Two Days Yoga Camp organised by Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah in collaboration with the Indian Institute of Management, Ranchi | 11/02/2024 |
| Delivered a talk on ‘Role of Sun Worship in Ancient Indian Lifestyle’ | Two Days International Seminar on ‘Sun Resurgence and Bharata’ jointly organised by Sri Kanchikamakotipeetha and Jammu-Kashmir Mandir Vikasa Samiti at Banaras Hindu University, Varanasi | 24/09/2023 |

Skills

- HRV, and Psychophysiological Data Analysis
- SPSS, R, and Excel Statistical Analysis
- Systematic Review and Meta-analysis (PRISMA guidelines)
- Manuscript preparation and scientific writing
- Ayurveda-based assessment (Prakṛti, Panchakarma evaluation)
- Yoga therapy module design and implementation

Languages

| Language | Ability | | | |
|----------|---------|---------|---------------|----------|
| | Reading | Writing | Understanding | Speaking |
| Hindi | ✓ | ✓ | ✓ | ✓ |
| English | ✓ | ✓ | ✓ | ✓ |
| Sanskrit | ✓ | ✓ | ✓ | — |
| Bengali | — | — | ✓ | — |
| Gujarati | ✓ | ✓ | ✓ | ✓ |

Declaration

I solemnly declare that all the above information is correct to the best of my knowledge and belief.

(Rama Arya)