

## Curriculum Vitae

# Rama Arya

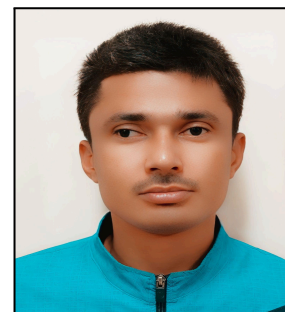
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### Profile

Researcher in Yoga and Integrative Health specializing in the psychophysiology of Prāṇāyāma, Mind-Body Typology (Prakṛti), and Āyurveda-based interventions for chronic disorders. Experienced in EEG-based research, cardiac autonomic function testing, and clinical Yoga protocols. Studied Vyāsa's Commentary on the Pātañjala Yoga Sūtra under the guidance of Swami Vidyāpradānanda, and learnt integrating classical insights to scientific perspectives. Deeply interested in Yoga's allied textual traditions such as Āgama, Vedānta, Upaniṣad, and Tantra, with a focus on their convergence in spiritual psychology 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 |
| Secondary Examination                  | Gujarat Board    | -                  | 2006 | 88.4 |

## Research Interests

- Psychophysiological effects of Pranayama and Kumbhaka
- Integration of Yoga, Ayurveda, and Neuroscience
- Indian Knowledge Systems and Consciousness Studies
- Mind-Body Typology (Prakṛti) and its biomedical correlates
- Preventive, purificative and lifestyle medicine

## 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            | Ongoing   |
| A Systematic Review on <i>Pañcakarma</i> Based <i>Āyurveda</i> Treatment in Knee Osteoarthritis ( <i>Jānu Saṁdhigata Vāta</i> )                         | MPhil          | Completed |

## Publication

| Paper Title   | Status                 | Journal                                     | Issue Info                                    |
|---|------------------------|---|---|
| Interconnectedness of Causes of Suffering: Sāṃkhya, Yoga and Āyurveda   | Manuscript Preparation | -   | -   |
| Kanda, Nāḍī and Nāḍīsodhana : Perspectives from Yoga, Vedānta and Tantra  | Submitted              | Yoga Mimamsa                                | -   |
| Mapping Tridoṣa Prakṛti to Anthropometric Somatotype and Body Composition: A Cross-sectional Study                              | Submitted              | Advances in Mind Body Medicine              | -   |
| The Brief Prakṛti Inventory: Latent Structure, Reliability, and Validity in an Indian Community Sample                          | Accepted               | Welcome Open Research                       | -   |
| A Systematic Review on <i>Pañcakarma</i> Based <i>Āyurveda</i> Treatment in Knee Osteoarthritis ( <i>Jānu Saṁdhigata Vāta</i> ) | Published              | International Journal of Ayurvedic Medicine | Vol 14 (1), 2023; 29-41<br>ISSN No: 0976-5921 |

## Paper Presentation

| Paper Title | Program Detail | Date |
|-------------|----------------|------|
|-------------|----------------|------|

|   |  |            |
|---|--|------------|
| Perspectives on and Practices of Nāḍī 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, Belur Math  | 23/12/2024 |
| Science of Kumbhaka   | Departmental Research Colloquium at Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math  | 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, Belur Math  | 11/08/2023 |
| Interconnectedness of causes of suffering <i>Sāmkhya</i> , <i>Yoga</i> and <i>Āyurveda</i>  | 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 |
| The concept of <i>Āhāra</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 |

### Teaching Experience

| Institute Name | Designation | Duration |
|----------------|-------------|----------|
|----------------|-------------|----------|

|  |                                 |                         |
|--|---------------------------------|-------------------------|
| Choudhary Balaram Memorial Secondary School,<br>Hanumangarh                | Yoga Teacher                    | 25/07/2015 – 24/07/2017 |
| Vishwa Yog Bharti, Education & Holistic Welfare Society,<br>Sri Ganganagar | Yoga &<br>Naturopathy<br>Expert | 01/08/2017 – 13/12/2018 |

### Trainings/Workshops

| Detail   | Department/Institute/Place   | Duration                  |
|--|--|---------------------------|
| Vyasa's Commentary of Patanjali<br>Yoga Sutra  | Learning the text under the supervision/light<br>of my Guru Swami Vidyapradananda                        | Ongoing                   |
| Completed a UGC-MMTTP Short<br>Term Course on Indian<br>Knowledge System for Research<br>Scholars of All Subjects                          | UGC Malviya Mission Teacher Training<br>Centre, Banaras Hindu University, Varanasi                       | 04/02/2025-09/02/202<br>5 |
| Completed a NPTEL+ workshop<br>on "Clinical Neurophysiology<br>Techniques : EEG" Research<br>Scholars of All Subjects                      | Indian Institute of Technology, Madras<br>through SWAYAM   | 15/03/2025-16/03/202<br>5 |
| Attended a One Week National<br>Level Short Term Course on<br>'Traditional and Philosophical<br>Aspects of Yoga'                           | Department of Physical Education, Jadavpur<br>University, Jadavpur                                       | 23/11/2024-02/12/202<br>4 |
| Participated in 'Bharat Yoga Mala<br>and National Seminar on Science<br>of Yoga'   | Kaivalyadhama, Lonawala and Department<br>of Yogic Art Science, Viswa Bharti<br>University, Santiniketan | 26/05/2024                |
| Attended a 2-Days Online<br>National Research Workshop on<br>'Ethical Use of Generative AI as a<br>Research/Academic Writing<br>Assistant' | eSupport for Research and Directorate of<br>Research, Sikkim Manipal University,<br>Gangtok              | 11/03/2024-12/03/202<br>4 |
| Attended an international<br>workshop on topic 'Sun Worship<br>and Resurgence of Bharat'   | Sri Kanchikamakotipeetha and<br>Jammu-Kashmir Mandir Vikasa Samiti                                       | 23/09/2023-24/09/202<br>3 |
| Attended a fifteen days seminar<br>on 'Science of Pranayama'   | Department of Sports Science and Yoga,<br>Ramakrishna Mission Vivekananda                                | 01/06/2023-15/06/202<br>3 |

|   |   |                           |
|---|---|---------------------------|
|   | Educational and Research Institute, Belur Math  |                           |
| 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 | 02/01/2023-23/03/202<br>2 |
| 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 | 01/02/2023-28/02/202<br>3 |
| Completed a one month course titled 'Primer on Tobacco Cessation'                       | Department of Psychiatry, National Institute of Mental Health and Neuro Sciences, Bengaluru           | 25/01/2023-24/02/202<br>3 |

### 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, Belur Math in collaboration with the Manipur University, Imphal                     | 05/04/202<br>5 |
| 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, Belur Math in collaboration with the Manipur University, Imphal                     | 03/04/202<br>5 |
| 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, Belur Math in collaboration with the Indian Institute of Management, Ranchi           | 09/02/202<br>5 |
| Delivered a talk on 'Yogasana Capsule for Digestive Disorders'                                    | Two Days Yoga Camp organised by Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math in collaboration with the Indian Institute of Management, Ranchi           | 11/02/202<br>4 |
| 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 | 24/09/202<br>3 |

### Skills

- EEG, 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)**