

# 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>Pāñcakarma</i> Based <i>Āyurveda</i> Treatment in Knee Osteoarthritis ( <i>Jānu Saṃdhigata Vāta</i> )	MPhil	Completed

## Publication

Paper Title	Status	Journal	Issue Info
Interconnectedness of Causes of Suffering: Sāṃkhya, Yoga and Āyurveda	Manuscript Preparation	-	-
Kanda, Nādī and Nādīśodhana : 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 Prakriti Inventory: Latent Structure, Reliability, and Validity in an Indian Community Sample	Accepted	Welcome Open Research	-
A Systematic Review on Pāñcakarma Based Āyurveda Treatment in Knee Osteoarthritis ( <i>Jānu Saṃdhigata Vāta</i> )	Published	International Journal of Ayurvedic Medicine	Vol 14 (1), 2023; 29-41 ISSN No: 0976-5921

## 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, 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 Sāṃkhya, 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
The concept of Āhāra: 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, Hanumangarh	Yoga Teacher	25/07/2015 – 24/07/2017
Vishwa Yog Bharti, Education & Holistic Welfare Society, Sri Ganganagar	Yoga & Naturopathy Expert	01/08/2017 – 13/12/2018

### Trainings/Workshops

Detail	Department/Institute/Place	Duration
Vyasa's Commentary of Patanjali Yoga Sutra	Learning the text under the supervision/light of my Guru Swami Vidyapradananda	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
Attended a fifteen days seminar on ‘Science of Pranayama’	Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda	01/06/2023-15/06/2023

	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	02/01/2023-23/03/2022
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	01/02/2023-28/02/2022
Completed a one month course titled 'Primer on Tobacco Cessation'	Department of Psychiatry, National Institute of Mental Health and Neuro Sciences, Bengaluru	25/01/2023-24/02/2022

### 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	05/04/2022 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	03/04/2022 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	09/02/2022 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	11/02/2022 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	24/09/2022 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)**