

# Curriculum Vitae

## Rama Arya

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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

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
Interconnectedness of Causes of Suffering: Sāmkhya, Yoga and Āyurveda	Manuscript Preparation	-	-
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	-	-

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

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

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)**